

Stronger Starts.

Fruit & Veg for Schools

Teachers/leaders guide




As part of the Stronger Starts Fruit & Veg for Schools initiative



About Fruit & Veg for Schools.

Fruit & Veg for Schools is a new £4 million initiative from Tesco Stronger Starts, to fund free fruit and vegetables for schools, and children, across the country.

With this funding, the aim is to make sure every child in selected schools can have an extra piece of fruit or vegetable every day. Something that can make a huge difference for their nutrition and overall health.



The **British Nutrition Foundation** is a public-facing charity which exists to give people, educators and organisations access to reliable information on nutrition. Through our education work, we help schools integrate comprehensive food and nutrition education into their curriculum, so that pupils get a well-rounded understanding of the importance of nutrition in maintaining a healthy lifestyle.

We are striving to instil a culture of healthy eating and food literacy in children and young people, helping them to apply their knowledge in meaningful ways.



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How can you use the extra fruit and veg?

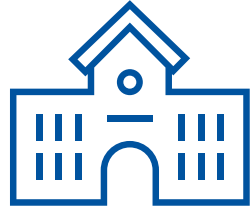
The Fruit & Veg for Schools initiative like the rest of Stronger Starts, supports the entire community.

You can use the extra fruit and veg in whatever ways you wish to help students and their families the most; whether it's serving extra fruit at breakfast clubs, offering more veg at lunch or asking children to take surplus fruit and vegetables home.

This presentation provides information to support with teaching pupils about the importance of eating fruit and vegetables. There is practical guidance around preparing different fruit and vegetables and setting up tasting sessions, along with different activities you can do, including recipe ideas.

Not forgetting how to make the most of extra fruit and veg and prevent food waste

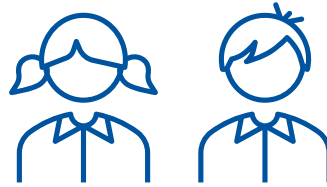
Fruit and Veg for Schools resources to support.



Teachers/leaders

This slide deck provides information for teachers and leaders around fruit and vegetables. It covers:

- Why eat 5 A DAY?
 - What's a portion?
 - How to prepare fruit and vegetables
 - Tasting fruit and vegetables
 - Reducing food waste
 - Fruit and veg ideas and recipes
- Teachers and leaders may like to share some of the slides with their pupils



Pupils

In addition to the slide deck, the following resources can be downloaded and used with pupils:

- Fruit and veg cards – with instructions for use in various ways
 - Pupil tracker
 - Class tracker
 - Certificate
- Pick & Mix activities
 - Ambassador Pack
- Sensory evaluation chart
 - Tasting chart



Parents/carers

There is also be:

- A downloadable parent/carer booklet to provide information and ideas for families



Why eat 5 a day?

Eating at least 5 A DAY is important, as fruit and vegetables contain essential nutrients:

- Vitamins and minerals
- Fibre
- Water

Variety is important! Different fruits and vegetables contain different nutrients:



Many orange-coloured fruit and vegetables are high in 'beta-carotene', the plant form of vitamin A, which is orange in colour. We all know that oranges are high in vitamin C, but did you know that red peppers contain even more vitamin C per portion?



The Eatwell Guide, the UK healthy eating model, recommends at least 5 portions of a variety of fruit and vegetables every day.

Nutrients.

Fruit and vegetables contribute to our **dietary fibre** intake. Dietary fibre is important for our gut health, and getting enough can also reduce the risk of some diseases, like colon cancer.

Different fruits and vegetables contain different **vitamins and minerals** that are important for our health.

Fruit and vegetables also provide **water**. We should drink 6-8 cups of fluid per day, but eating fruit and vegetables can also contribute to our hydration.

Vitamin A

Needed for: A healthy immune system, eye and skin health

Found in: Carrots, sweet potato, cantaloupe melon, spinach, mango, broccoli, red peppers



Folate (vitamin B₉)

Needed for: A healthy immune system, reducing tiredness

Found in: Baby corn, beetroot, broccoli, strawberries, raspberries, cauliflower, mushrooms, oranges



Iron

Needed for: Making red blood cells, the immune system, brain health

Found in: Beans, peas and lentils, kale, watercress, spinach, chard, mushrooms

Vitamin C

Needed for: Protecting our cells, healthy bones, gums, teeth and skin

Found in: Red peppers, broccoli, kiwi fruit, oranges, lemons, limes, grapefruit, strawberries, cauliflower, red cabbage



Calcium

Needed for: Strong bones and teeth, muscle and blood health

Found in: Beans, peas and lentils, broccoli, bok choy, kale, cabbage



Potassium

Needed for: Maintaining blood pressure, nerve and muscle health

Found in: Lentils, dried apricots, kidney beans, bananas, spinach

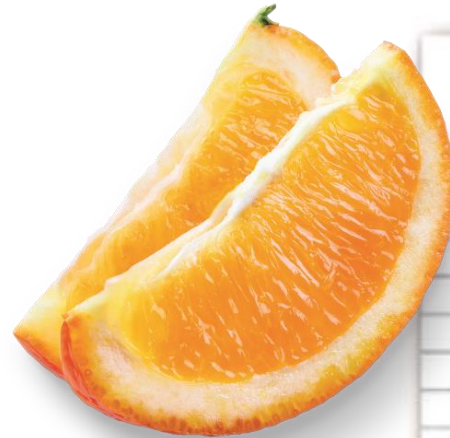


What is a portion?

For an adult, a portion of **fresh fruit** or vegetables is **80 grams**. A portion of dried fruit is **30 grams**.



There is no exact guidance on portion weights for children. However, a portion is roughly the amount that fits in the palm of their hand.



Portion guide*

Small fruits

e.g. 2 plums, 7 strawberries, 14 cherries

Medium fruits

e.g. 1 banana, 1 apple, 1 orange

Large fruits

e.g. half a grapefruit, 1 slice melon, 1 slice mango

Green vegetables

e.g. 4 heaped tablespoons kale, 2 heaped tablespoons spinach

Salad vegetables

e.g. 3 celery sticks, 1 medium tomato

Pulses and beans

3 heaped tablespoons

Washing and peeling fruit and veg.

What needs to be washed?

Tomatoes, cucumber, peppers, sugar snap peas, lettuce (unless ready washed)



Washing fruit and vegetables is important because it can remove things that harm our health, such as:

Bacteria

Chemicals

Viruses

Dirt

Extra considerations



No need to peel carrots – scrubbing retains fibre



Shell garden peas and broad beans



Wipe mushrooms

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Preparing fruit and veg safely.



The claw grip



The bridge hold

Other preparation techniques.



Peel



Grate



Snip

Videos demonstrating safe ways to prepare other ingredients can be found on the [Food – a fact of life](#) website.

How to prepare...

1. Place the pineapple on a chopping board and cut off the base and leafy top.
2. Stand on one end.
3. Follow the shape of the pineapple to cut away the skin.
4. Remove the 'eyes' (little indentations with small spokes in them).
5. Quarter and slice or chop.



How to prepare...

1. Lay the avocado on its side on a chopping board.
2. Using the bridge hold, slice the avocado lengthways.
3. Keeping the knife steady, rotate the fruit to cut around the stone.
4. Put the knife down. Pick up the avocado on both sides and twist into two pieces.
5. Use a spoon to carefully scoop out the stone.
6. Run a spoon around the inside of the skin to scoop out the avocado.
7. Slice or dice.



How to prepare...

1. Place the melon firmly on a chopping board and cut through the middle.
2. Scoop out the seeds, using a spoon.
3. Place the melon on the chopping board flat side down. Cut each half of the melon in half again, then once more. This will result in 8 slices.
4. Place the slice on the chopping board. Run the knife along the inside of the rind to remove the flesh. Remember to face the blade of the knife away from you.
5. Chop the flesh into chunks.



Melon

How to prepare...

1. Place the pepper on its side on the chopping board.
2. Chop the pepper through the middle, using the bridge hold.
3. Remove the stalk and scoop out the seeds and membrane with a spoon.
4. Cut the peppers into thin slices, using the claw grip. You could also dice them at this stage.
5. Remember that you can also use kitchen scissors to prepare peppers!



Checking for ripeness.



Pepper

Bell peppers change colour as they ripen, from green to yellow, to orange and then to red.

Peppers can be eaten at any of these stages, but more ripe peppers will taste sweeter.

Ripe peppers also contain more of certain nutrients, like vitamin A.

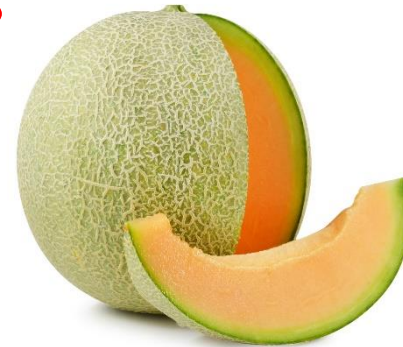


Avocado

When ripe, avocados should be slightly soft. Gently press and see if it yields.

If it is very soft or your finger goes through the skin, it is overripe.

Unripe avocados can be left to ripen at room temperature in a paper bag.



Melon

Melons like cantaloupe and honeydew melons should smell slightly sweet when they are ripe.

You can also push gently on the area where the melon was attached, it will be slightly soft.

For watermelons, tap on the rind and listen for a hollow sound.



Pineapple

Take a look at the outside of your pineapple. The more yellow it looks, the riper it is.

Ripe pineapples should give very slightly when pressed, but still be quite firm.

You can also check to see whether it smells sweet. This is another sign of ripeness.

Tasting – get started.

Take a look at your fruit and vegetables and talk about them!

Get pupils to think about the different characteristics of the fruit and vegetables they are about to taste.

If they haven't tried the fruit or vegetable before, what do they think it might taste like?

Ask questions like:

- What is this called?
- Have you tried it before?
- How is it prepared /cooked/eaten?
- What does it look like inside?
- How does it grow? (Tree, vine, above/below ground.)



Tasting – get prepared.

You will need:

- A chopping board
- A vegetable knife
- Paper plates
- Cocktail sticks
- Waste bowl



Tasting – get tasting.

1. Get everyone to wash and dry their hands.
2. Wash the fruit and vegetables (as appropriate).
3. Chop each fruit or vegetable into enough small sample sized pieces for each person in the class.
4. Put the samples on paper plates for each table.
5. Give each person a cocktail stick.
6. Try each fruit or vegetable together by talking about how each sample looks, smells, tastes, and its texture.
7. Put any skins, peelings or waste into a bowl ready for composting.

Sensory vocabulary:

Bright, Bumpy,
Colourful, Hard, Mild,
Watery

Creamy, Earthy,
Fresh
Powdery, Strong,
Yeasty

Chewy, Crisp,
Crunchy
Fruity, Lumpy,
Smooth



Tasting – get talking.

Question the pupils:

“What was your favourite fruit or vegetable?”

“Did any of the tastes surprise you?”

“Did you try any different varieties of the same fruit or vegetables?”

“Did you try anything today for the first time?”



Example

Present pupils with two different fruit or vegetables, like this kiwi and these cherries.

You could talk about:

Size – Colour – Texture – Aroma – Sweetness- Flavour
Distinct features (e.g. seeds, stone, whether the skin is edible)



Juice or smoothie activity.

In this activity, pupils try three juices or smoothies that you have made and guess the **vegetables** they contain.



You will need:

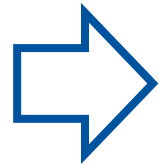
- Blender;
- Measuring jug;
- Chopping board, knife and Peeler;
- 3 x jugs with lids;
- Juice ingredients;
- Plastic shot glasses/cups (four per student);
- Large jug of tap water



Instructions

1. Make your juices and keep them covered and refrigerated until you need them.
2. Label the juices 'juice 1', 'juice 2' and 'juice 3'.
3. Before the pupils taste the juices, check if they have any allergies. If they are allergic to an ingredient that is in one of the juices, do not let them taste it (you will also need to consider cross-contamination, i.e. have the other juices come in to contact with the ingredient the pupil is allergic to?)
4. Provide the pupils with a shot of each juice (approximately 50ml) and invite them to taste the juices one at a time. Provide pupils with a cup of water to sip between juices to refresh their palate.
5. Ask the pupils to name the vegetables each smoothie or juice contains.

Ways to adapt this activity



Tell the pupils the number of vegetables they need to name.

Blindfold the pupils so colour does not influence their answers.

Some pupils may feel uncomfortable and may not wish to do this

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Food waste – did you know?

Did you know

28%

of edible fresh
vegetables
and salad
are wasted

Some of the most commonly wasted or thrown away foods include the following fruit and vegetables:



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Tips for reducing food waste.

- Freeze excess fruit and use to make smoothies
- Use the whole of the herb/spring onion in recipes.
- Ditch the peeler – if you do peel, save the skins and use to make crisps!
- Be creative with leftovers, e.g. roasted chickpeas, asparagus end soup or bean pod fritters!
- Try a ‘back of the fridge’ pie, curry, soup or stew using fruit and veg that is going soft and other ingredients near their use-by-date.
- Freeze fresh herbs in olive oil or water.
- Freeze fresh ginger and grate as much as you need.
- Dice onions and garlic in bulk and freeze.

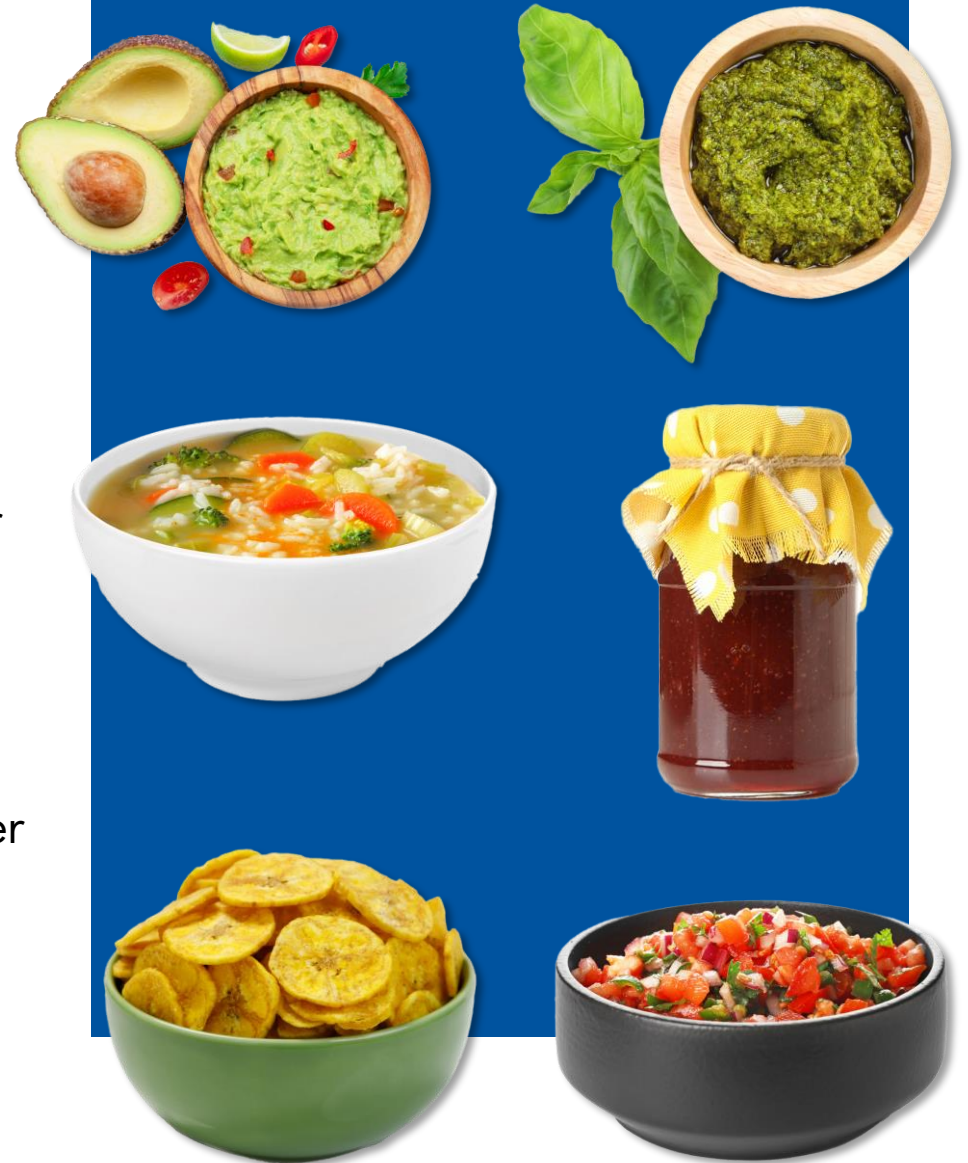


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Tips for reducing food waste.

- **Make pesto** with leftover herbs or vegetables – use traditional basil or parsley, coriander, mint, sage or tarragon or leafy greens, such as spinach, kale, watercress.
- **Make jams, pickles or kimchi.**
- **Dehydrate fruit or vegetables**, using a dehydrator, air fryer or an oven set on the lowest temperature.
- **Make soup** with leftover vegetables.
- Slightly over-ripe avocados are good for **guacamole**, and tomatoes, peppers and cucumbers which need using can go into **home-made salsa**.
- **Store cut veg in water** to extend life (change the water regularly).
- Re-grow veg!



Recipes to help prevent food waste?

Potato skin crisps

1. Wash and scrub the potatoes and then peel.
2. Spray with oil and sprinkle with herbs and spices.
3. Roast in a hot oven (200°C/180 fan/gas 6) for 25-30 minutes or cook in an air fryer on max for five minutes, shaking and stirring every two minutes.



Pickled vegetables

Slice or chop the vegetables and cover with one-part vinegar, one-part sugar and one-part water. Add caraway seeds, thyme, bay leaf, garlic and sliced onion.



Broccoli slaw

Peel and coarsely grate broccoli stalks. Mix with grated carrot, thinly sliced onion or chopped spring onion and sultanas. Toss in a small amount of reduced fat dressing and serve with a sprinkling of sunflower seeds.



Roasted chickpeas

Spray drained chickpeas lightly with oil and cook in an airfryer for 15 minutes. Season with cumin, paprika and black pepper before serving.



Cauliflower 'rice' and crisps

Finely blitz the stem of the cauliflower in a food processor and use instead of rice or couscous. Roast the leaves of the cauliflower in the oven to make crisps.



Make a panzanella salad

Use up vegetables in your fridge such as cherry tomatoes, cucumber, red onion and herbs. Toast cubes of stale bread and toss with the vegetables.



Fruit and veg inspirations.



Salad in
a jar



Salad on
a stick



Fancy
fruit
salad



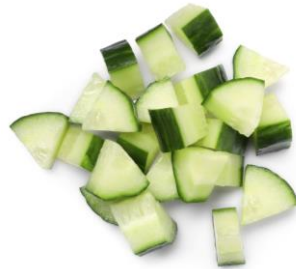
Spiralising
veg, like
courgettes
and carrots

Build a brilliant salad.

Choose your starchy base



Add plenty of vegetables



Pick your protein



Top it off...



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Recipe.

Ingredients

- 30g Cheddar cheese
- 1 small carrot
- 1/2 red pepper, deseeded
- 2 x lettuce leaves
- 4 x 15ml spoons sweetcorn

Equipment

Chopping board, grater, plate, vegetable knife, peeler, kitchen scissors, 2 clear plastic cups.

Method

1. Grate the cheese.
2. Top, tail, peel and grate the carrot.
3. Snip the pepper into strips and then into small pieces.
4. Cut the lettuce leaves into thin strips.
5. Arrange the ingredients in layers in the cup.



Recipe.

Ingredients

100g cracked freekeh, couscous or rice
½ pepper (any colour)
¼ cucumber
6-8 dried apricots
3 x 15ml spoons canned sweetcorn
½ avocado (optional)
½ lime or 2 x 15ml spoons of reduced fat salad dressing (optional)

Method

1. Cook the freekeh, couscous or rice according to the packet.
2. Drain and run the freekeh, couscous or rice under cold water to cool.
3. Prepare the ingredients:
 - deseed and dice the pepper;
 - dice the cucumber;
 - chop the dried apricots;
 - drain the sweetcorn;
 - chop the avocado;
 - juice the lime, if using
4. Place the cooled and drained freekeh, couscous or rice in a large mixing bowl and add the pepper, cucumber, apricots and sweetcorn. Mix gently.
5. Top with the chopped avocado, if using.
6. Pour over the lime juice or reduced fat salad dressing, if using.

Equipment

Saucepan, colander, chopping board, vegetable knife, juicer, mixing bowl, measuring spoon, mixing spoon.



Salad

Recipe.

Ingredients

½ small red or white onion or 1 spring onion
2 tomatoes
6-8 basil, coriander or mint leaves
1 garlic clove
2 slices of bread or 1 bagel
½ x 5ml spoon balsamic or red wine vinegar
½ x 5ml spoon olive oil
Black pepper

Method:

1. Prepare the ingredients:
 - peel and finely dice the onion or chop the spring onion into rings;
 - chop the tomatoes;
 - chop the herbs;
 - peel and halve the garlic clove;
 - slice the bread or bagel, if necessary.
2. Tip the onion, tomatoes and herbs into the mixing bowl.
3. Add the vinegar and olive oil. Season with black pepper and stir.
4. Toast, grill or oven bake the bread or bagel until slightly brown and crispy.
5. Allow to cool and then rub the cut side of the garlic clove two or three times over the bread.
6. Spoon the tomato and onion mixture onto each piece of bread or bagel.

Equipment

Vegetable knife,
chopping board, bread
knife, mixing bowl,
measuring spoons,
mixing spoon, toaster
/grill tray/
baking tray.



Bruschetta

Thank you.

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