

Fruit & Veg for Schools

Primary school introduction



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

**Stronger
Starts.**

 **British
Nutrition**
Foundation

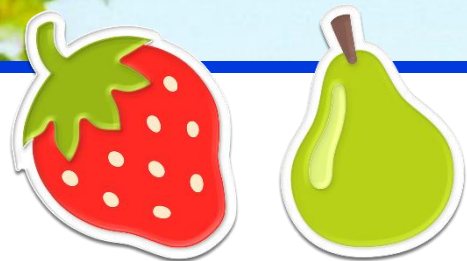
Hooray!

Your school is
part of Fruit &
Veg for Schools!

You'll be getting extra
fruit and vegetables to
eat in school.

But why do we
need to eat lots
of fruit and
vegetables?

Let's
find out



Stronger
Starts.

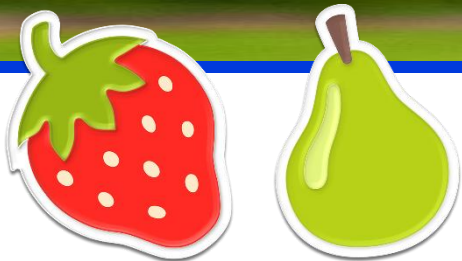
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Get at least 5 a day

Why do we need fruit and vegetables?

For vitamins,
minerals
and fibre

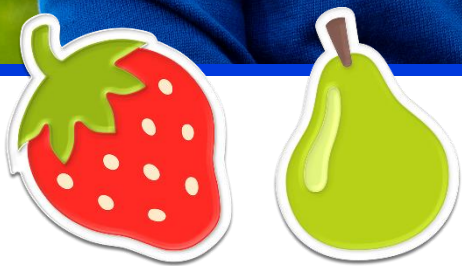
In the UK, the
Eatwell Guide says we
should eat at least 5 A
DAY of a variety of
fruit and vegetables,
every day



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To help you
be healthy!



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What counts?

Fresh, frozen, dried and canned all count.

Fresh



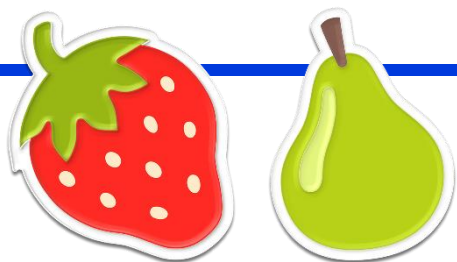
Frozen



Dried



Canned



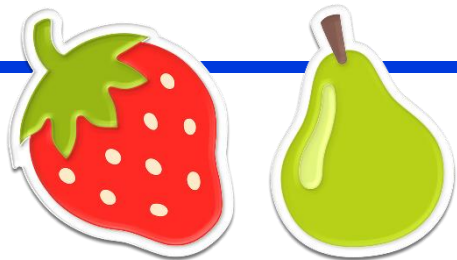
Nutrients

Different fruit and veg have different nutrients that we need to be healthy.

This includes fibre, which is important for keeping our guts healthy.

Vitamins and minerals are also important for us.

Let's take a closer look...

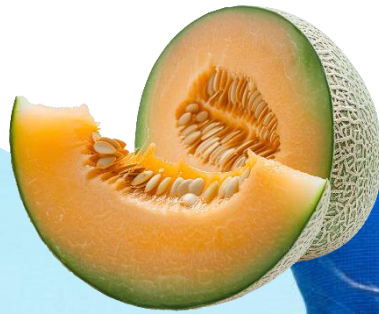


Nutrients



Oranges

and other citrus fruits are high in vitamin C, which is important for healthy bones, gums, teeth and skin.



Cantaloupe

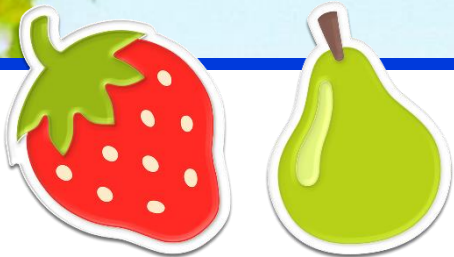
melons and many other orange fruit and veg (like carrots) provide vitamin A, which is important for our eyesight



Bananas

contain potassium, which is important to keep our muscles working.

But what
about
vegetables?



Nutrients

Tomatoes
contain vitamin C.



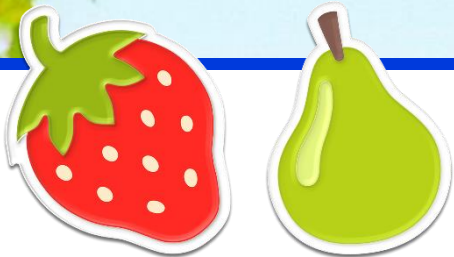
Carrots
are high in vitamin A.



Vegetables also contain
important
vitamins and minerals.

Getting a variety is
important.

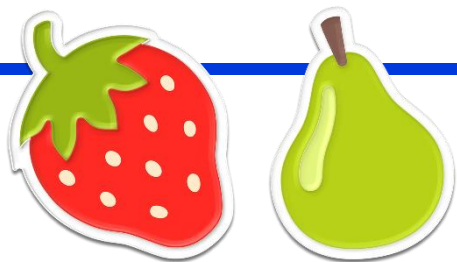
Broccoli
is high in vitamin K,
vitamin C, folate and
contains potassium!



Preparing fruit and veg

For adults, a portion of fresh fruit or veg is 80 grams.

A portion for you is roughly the amount that could fit into the palm of your hand.



Preparing fruit and veg

Wash

Most fruit and vegetables need to be washed.

This removes bacteria and dirt, which could make us unwell.



Peel

Sometimes fruit and vegetables are peeled.

But most of the time, fruit and vegetables can be eaten.



Cut

Learn to cut fruit and vegetables safely.

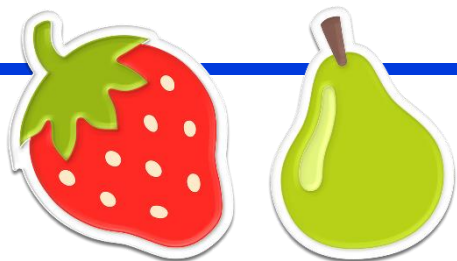
The bridge and claw methods are safe ways to cut fruit and veg.



Grate

Grating fruit and vegetables can be a fun way to include them in salads, desserts or other meals.

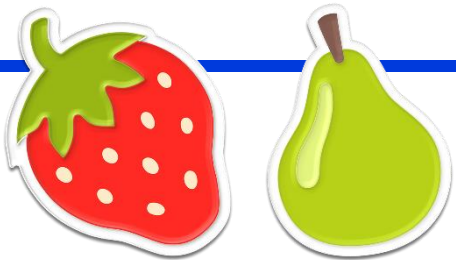
Be careful, the grater is sharp!



Tasting

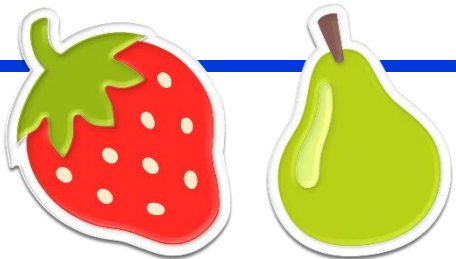
You could have a tasting to try a new fruit or vegetable

How big is it? What colour is it?
What does it smell like? What does
it taste like? What is its texture?
Do you like it? Would you
try it again?



Tasting

Use your senses!



Food Waste

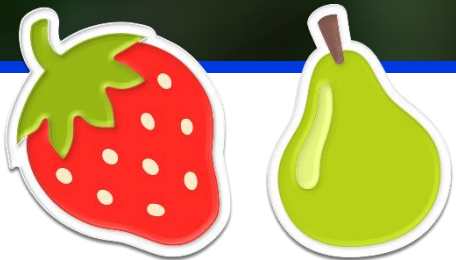
Why is it important to reduce food waste?

To look
after
our planet.



To
save
money.

Remember “Land, water and energy are used to make our food. When food is wasted, it means these resources are wasted too.”



Fruit
bowls?

Tasting
sessions?

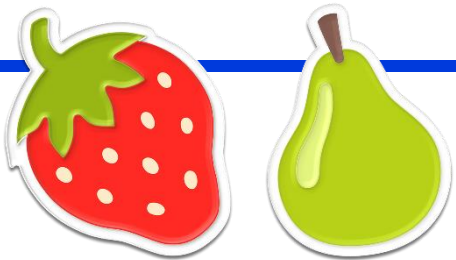
Making drinks
or smoothies?

What will we be doing in school?

Tuck
shop?

Something
else?

Meals or
snacks?



Have fun and good luck.

