

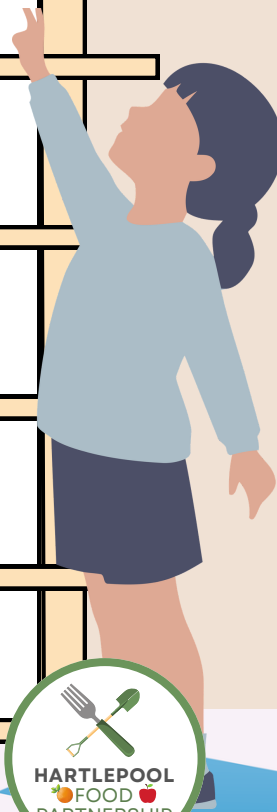
Eating 5+ portions of different fruit and veg everyday helps keep you healthy - how many can you eat over the next 7 days?

The 5-7 Challenge!

Name.....

Class.....

	1	2	3	4	5+
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					



How will you fill the boxes? You can...

Colour in

Tick ✓

Write - Banana

Draw



I Spy Fruit and Veg Portions



Did you know that each of these can be had once a day and be included in your daily helpings of fruits and vegetables?



Did You Know - 5-a-Day

You can prepare and eat fresh, tinned or frozen fruits and vegetables – they all count towards your 5 a day!

Did You Know - Potatoes

These are a great source of healthy energy, and fibre if you eat the tasty skin, but don't count as one of your 5 a day.

Did You Know - Soups

Soups are a brilliant way of increasing your vegetable intake, can you make a homemade one with your grown-ups?

Did You Know - Breakfast

Do you eat cereal or porridge for breakfast – try adding raisins, banana or blueberries, good for you and tasty!

Find more copies of this sheet and many more activities at:

www.hartlepoolfoodpartnership.co.uk/kids-corner/

The Hartlepool Food Partnership – Healthy, Affordable and Sustainable Food for All in Hartlepool

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