



# #TastyThursday

## Key questions

**How many portions of fruit and vegetables are recommended as part of a balanced, healthy diet?**

**What are the different portions of fruit and vegetables needed towards your 5-a-day?**

**Why should we eat our 5-a-day?**

## Resources required

- BHF images of 5-a-day portions

## Instructions

Pupils watch this [video](#) about eating 5 portions of fruit or vegetables a day. Ask the students to share what their favourite fruits and vegetables are.

Then watch this [video](#) which explains the portion sizes. What does 5-a-day look like? Do the pupils eat 5-a-day, every day? Generally, a portion of vegetables is as much as you can fit in the palm of your hand. Look at the British Heart Foundations [images](#) of 5-a-day portions, does this seem a lot? Discuss with the pupils how they could add another portion of fruit or vegetables into their day.

## You could also...

Ask pupils to keep a fruit and vegetable diary over the week. The data collected could then be used to create tally charts and graphs. Which was the most/least popular fruit/vegetable? When is the most popular time to eat fruit and vegetables - as a snack, breakfast, lunch, or dinner? When could pupils consume more fruit and vegetables?

## Make it simpler

A good way to eat more fruits and vegetables is to drink a smoothie. Try designing and making a low sugar smoothie. Good options could include avocado, cucumber, carrots, and leafy greens. Water is a zero-sugar option that could be used to replace fruit juice. Alternatively, pre-prepared fruit smoothies could be offered to students to taste. A matching game could be played. Which fruit do pupils think is used in each smoothie?

## Make it harder

Ask pupils to design a healthy menu for one day which contains 5 portions of fruit or vegetables. What would pupils have for breakfast, lunch, and dinner to ensure they consume 5 portions of fruit or vegetables over the day?

## Find out more

[The eatwell guide](#)

Read the [NHS guidelines](#) for eating your 5 a day

Little green fingers guide to growing fruit and veg [poster](#) - facts about fruits and vegetables

## What do you think?

Apples and carrots are the best fruit and vegetable.  
Agree or disagree?

