



# STRIVE FOR 5

## Session 1

### Eating a Rainbow!

The 'Strive for 5' message encourages us to eat five portions of fruit and vegetables every day. These can be fresh, tinned frozen or dried. Eating five *different coloured* fruit and veg during the day is ideal because the different colours help our bodies in different ways. We can call this 'Eating a Rainbow.'

**Red:** strawberries, apples, tomatoes, peppers

**Orange:** oranges, apricots, peaches, carrots, peppers

**Yellow:** bananas, lemons, grapefruits, sweetcorn, peppers

**Green:** apples, pears, kiwis, grapes, peas, broccoli, spinach, peppers

**Blue:** blueberries

**Indigo:** blackberries, aubergines

**Violet:** plums, grapes, damsons



### Early Years

Children colour in a rainbow (template provided)

### Key Stage 1

Children colour a rainbow and draw pictures of different coloured fruit and vegetables in the appropriate sections. Encourage discussion about favourites and when they eat them.

### Key Stage 2

#### 5 a day Acrostic Poem

Children create an acrostic poem based on their first name. It may be wise to create a bank of fruit and vegetable names from which the children can choose. It doesn't matter if they can't find fruit/veg for every letter.

#### Examples:

**O** ranges are full of Vitamin C

**L** ettuce is great in salads

**I** love the taste of strawberries

**V** iolet is the colour of grapes and plums

**E** at five different fruit and veg every day

**R** emember they can be frozen, tinned or dried!

**G** rapes are great for snacking

**R** ed is for sweet strawberries

**A** pricots taste lovely in cereals

**C** arrots are my favourite vegetable

**E** very day we should Strive for 5!



## STRIVE FOR 5

### Session 2

#### Introduction

We talk about eating five *portions* of fruit and vegetables every day. But how much is a portion? It is 80g for an adult or roughly the same size as the palm of your hand for a child.

Explain to the children that depending on the size of the fruit or veg, one portion can be more than one piece - so one grape is not a portion!



#### Quiz: What's a Portion?

Show the children pictures of different fruit and vegetables (provided) and ask them to guess which is the correct portion size out of three options. To make it more active, create A, B and C stations in the room which the children run to once they have decided their answer. They get a point if they are correct and can keep a tally of their score.

**Answers:** cherry tomatoes = 7, banana = 1, broccoli florets = 2, strawberries = 7, raisins = 1 heaped tablespoon, peas = 3 heaped tablespoons, apple = 1, satsumas = 2

#### Early Years/Key Stage 1

**'Colour me Happy'** - pictures to colour in (provided)

Older children can create their own sporty/active fruit or vegetable character. They should think about the sport they enjoy and their appearance.

For example: Amy Apple loves skipping, Patsy Pepper loves to run.

#### Key Stage 2

##### Create an Advertisement

Children create a poster which promotes their favourite fruit or vegetable and explains why people should include it in their 5 a day. It should include:

- A catchy slogan e.g. Apples are Awesome, You Can't Beat a Banana!  
It's Cool to Crunch Carrots
- The different ways it can be eaten; fresh, tinned, dried etc
- Interesting words to describe it; crunchy, delicious, tasty, healthy, mouth watering
- Lots of colour to make it eye-catching





## STRIVE FOR 5

### Session 3

#### Early Years/Key Stage 1

#### Feeling Fruity Game

This activity will encourage children to become more familiar with various fruit and vegetables and their different characteristics. There may be the option of sampling them once the feeling has been done!

You will need a selection of fruit and vegetables. Try and make sure there is a variety of shapes and textures.

Place a fruit or vegetable inside a bag or box and ask one child at a time to say what it feels like, thinking of texture/shape/size. From the description given, the other children have to guess what it is. Once the item has been correctly identified, have a discussion asking who has tried it, what it tastes like and how/when it can be eaten.



#### Key Stages 1 & 2

#### Smoothie Bingo

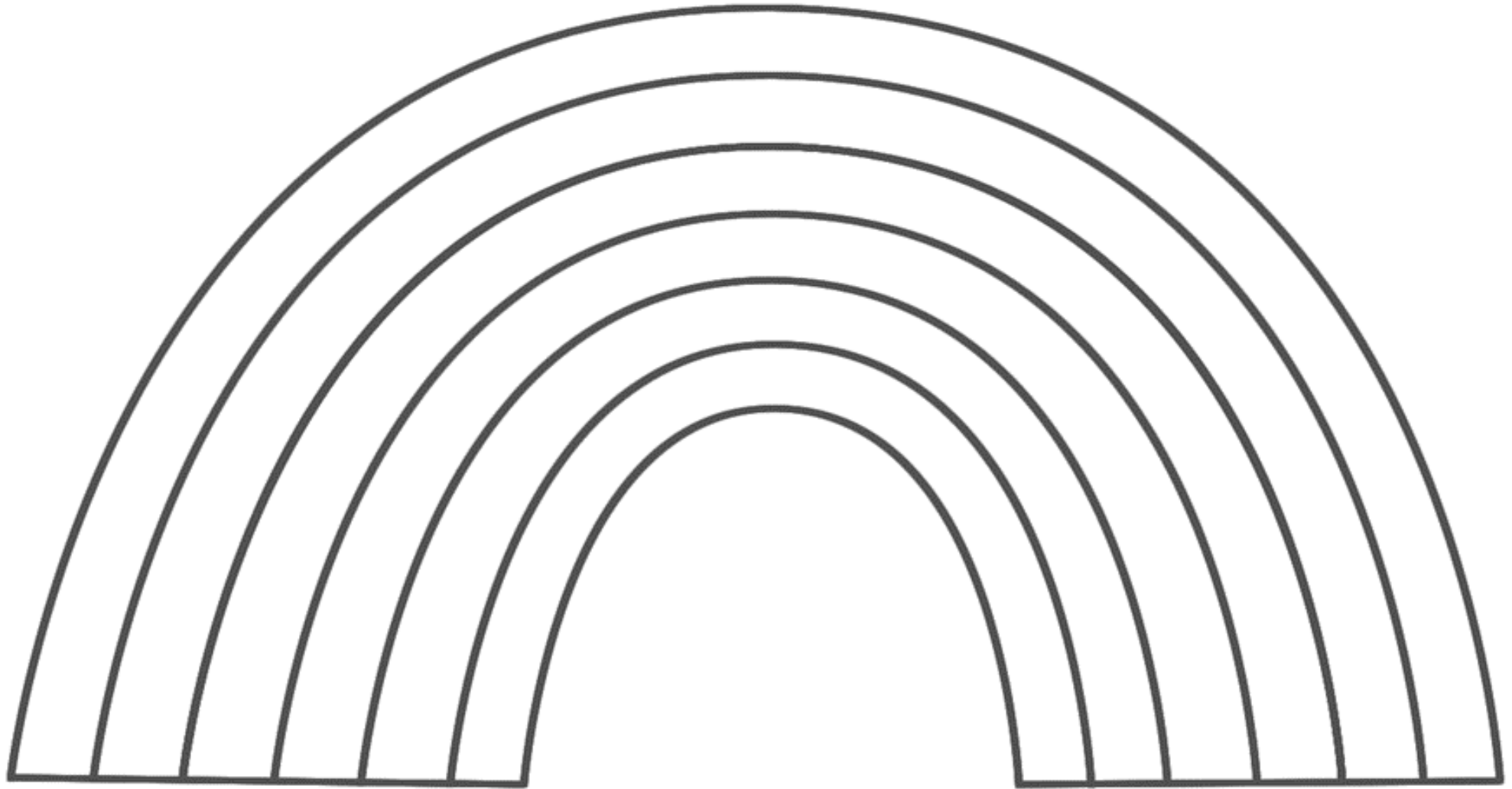
Smoothies are a great way to get some of your 5 a day and are really simple to make. Just choose the fruit then add yoghurt, milk or fruit juice and whizz it all together! Talk to the children about limiting their smoothies to one 150ml glass per day due to the higher amount of sugar in concentrated fruit.

The bingo game has a selection of ingredients that can be used in smoothies. Photocopy 2 sets (or more if needed) of the four playing boards (provided). Cut one set into boards and one set into individual cards. Mix up the cards and ask a child to be the bingo caller. They call out one ingredient at a time and the players mark them off on their card. The winner is the first to complete a row in any direction. If you laminate the cards and use whiteboard pens, the cards can be used more than once.





# EAT A RAINBOW





What's a portion?



A: 5    B: 7    C: 9

What's a portion?



A: 1    B: 2    C: 3

What's a portion?



florets

A: 1    B: 2    C: 3

What's a portion?



A: 3    B: 5    C: 7

What's a portion?



heaped tablespoons

A: 1    B: 2    C: 3

What's a portion?



heaped tablespoons

A: 1    B: 2    C: 3

What's a portion?



Medium size

A: 1    B: 2    C: 3

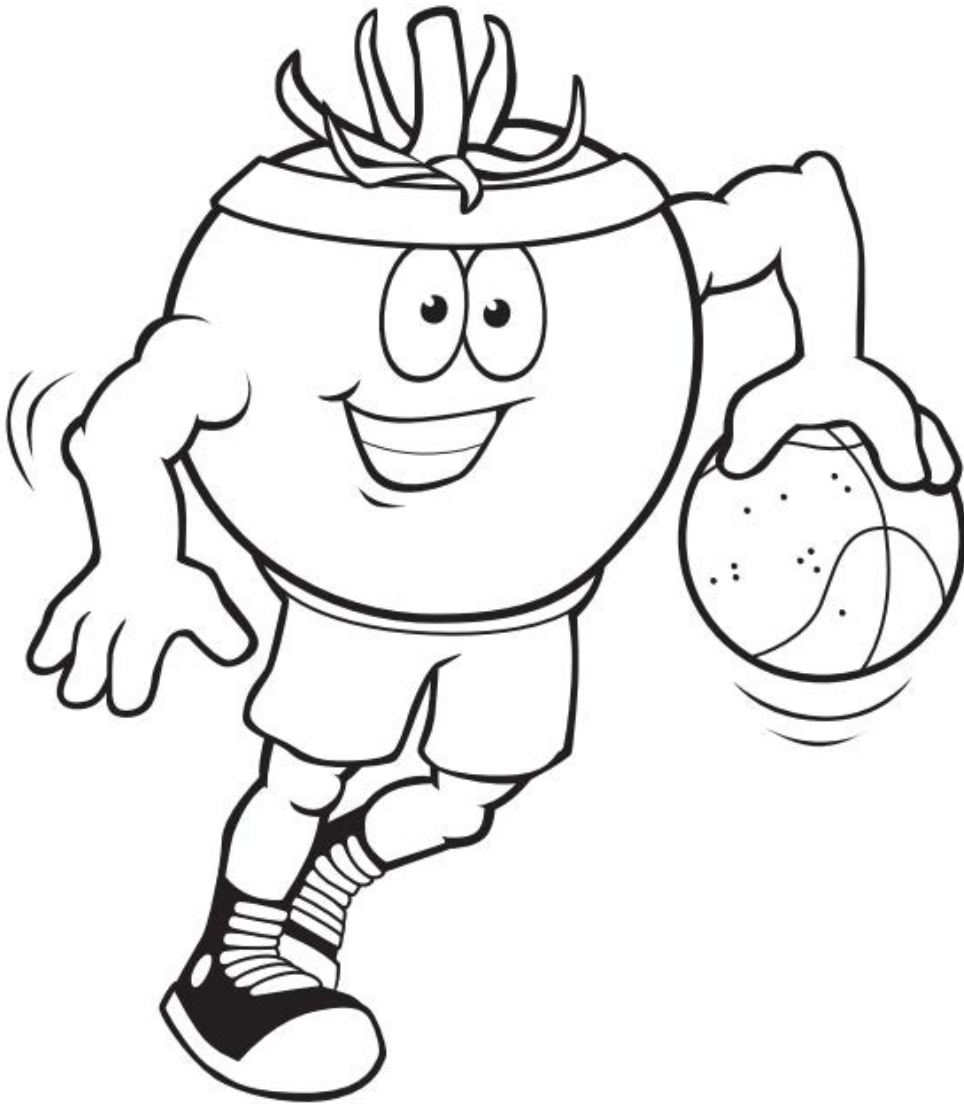
What's a portion?



A: 1    B: 2    C: 3

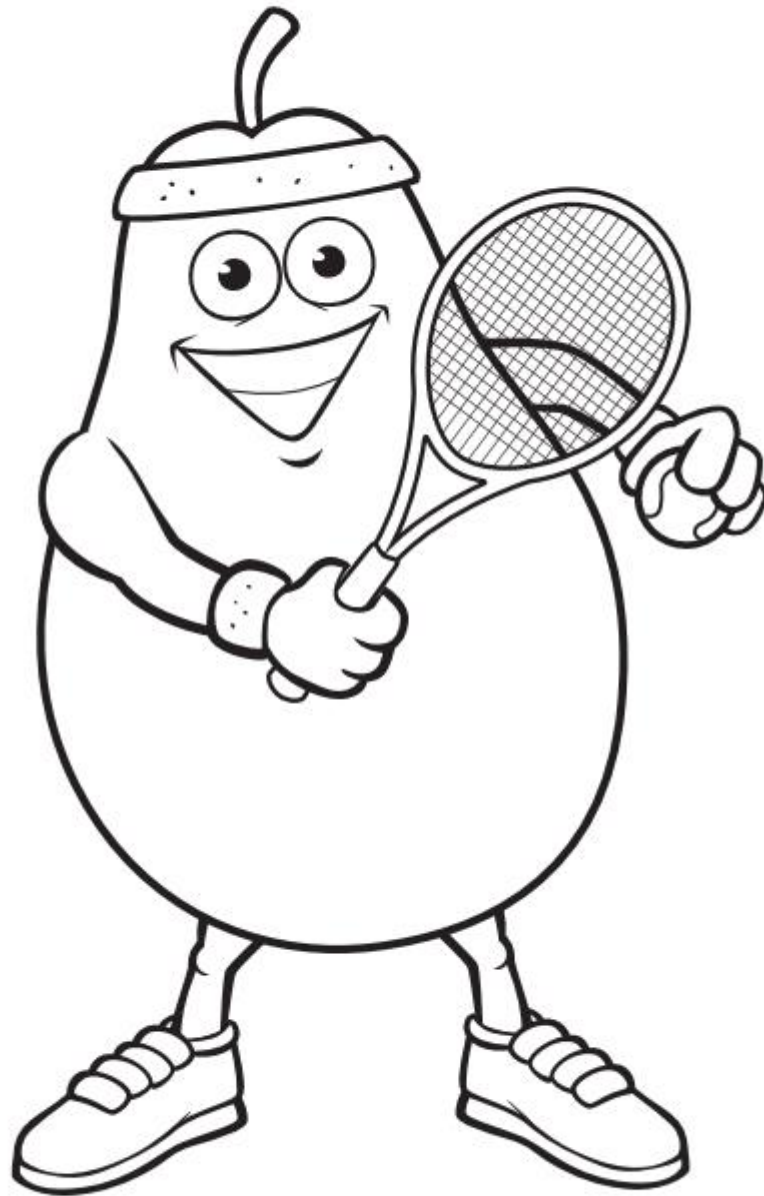


Colour Me Happy!





Colour Me Happy!





Colour Me Happy!







Colour Me Happy!



# Smoothie Bingo

Smoothies are a great way to achieve one of your 5 A Day and you can include anything in them!

Photocopy two sets of the smoothie bingo cards. Cut one set up into four playing boards and cut the second set up into individual food cards. Choose one person as the caller. The caller mixes the picture cards and draws them one at a time. The player who gets 3 in a row (in any direction) wins.

		
Banana	Pineapple	Grapes
		
Cherries	Orange Juice	Milk
		
Yoghurt	Melon	Strawberries

		
Apple	Strawberries	Fromage Frais
		
Pineapple Juice	Cherries	Kiwi
		
Yoghurt	Melon	Banana

# Smoothie Bingo

Smoothies are a great way to achieve one of your 5 A Day and you can include anything in them!

 Strawberries	 Melon	 Fromage Frais
 Orange Juice	 Banana	 Yoghurt
 Pineapple	 Milk	 Grapes

 Apple	 Pineapple	 Grapes
 Cherries	 Orange Juice	 Milk
 Yoghurt	 Banana	 Strawberries