



STRIVE FOR 5

We should all strive to eat 5 portions of different coloured fruit and vegetables a day. Remember that fresh, frozen, tinned, dried and juiced all count!

A – Z Challenge

Take the A to Z challenge. List all the fruit and vegetables you can think of in alphabetical order so A = apple, artichoke B = banana etc

See if you can find something for every letter. There will probably be some that you've never tried or even heard of!

Riddle Time – What am I?

Can you guess the fruits in these 'What am I?' riddles?

I'm usually round and come in a blushing colour. What am I?

Squeeze me and I cry tears as red as my flesh and my heart is made of stone. What am I?

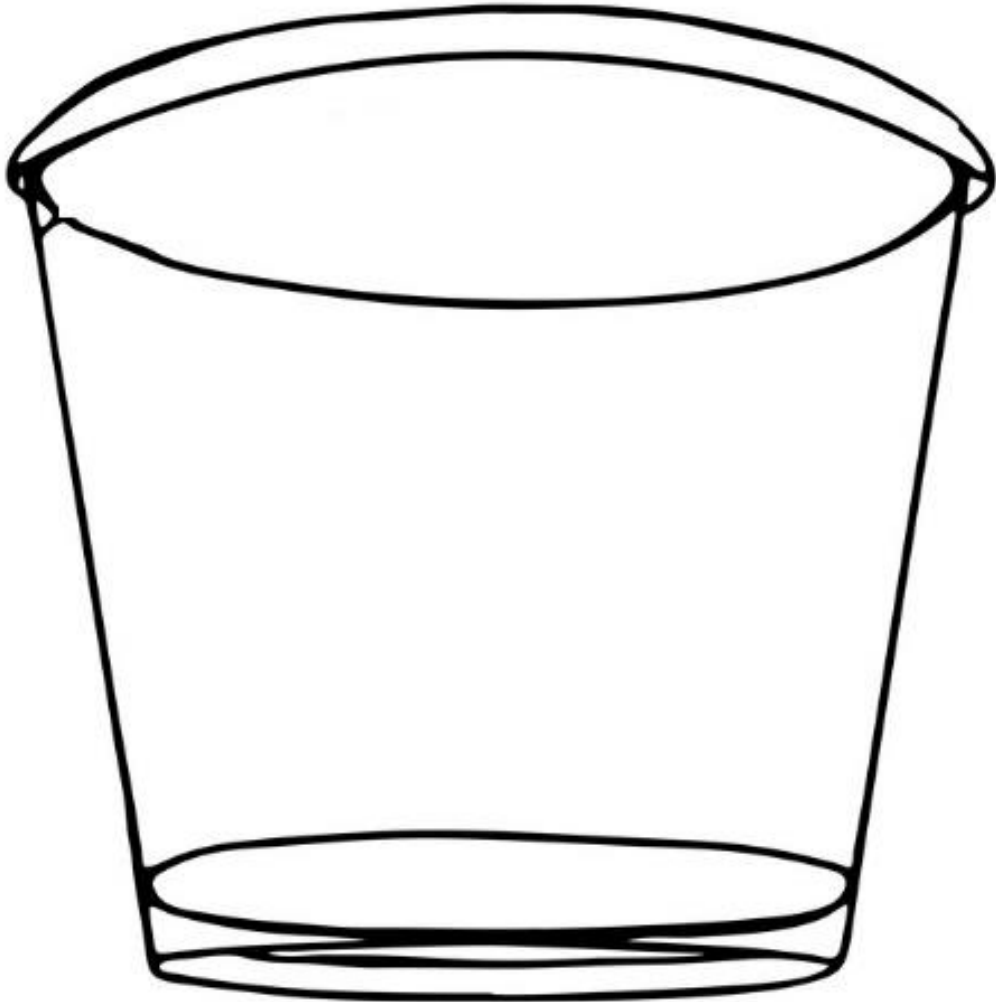
*I'm red, green or yellow,
I'm a healthy snack,
I make good juice,
You can bite me or slice me.
Give me to a teacher.
What am I?*

Super Veggie Crunch is a lovely recipe that can be made as a snack or for lunch. You could try making it at home with lots of different fresh or canned vegetables.

Our recipe is delicious – but you can make your own recipe and choose exactly what you want to put in it. Plan out your own Super Veggie Crunch below – draw your recipe and make a list of your ingredients.

MY SUPER VEGGIE CRUNCH

My Super Veggie Crunch will look like this:



My Super Veggie Crunch Ingredients: