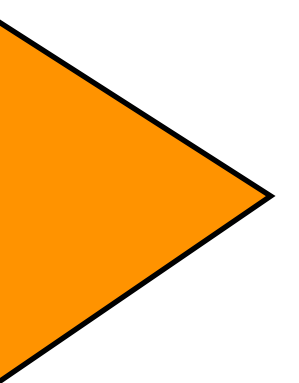
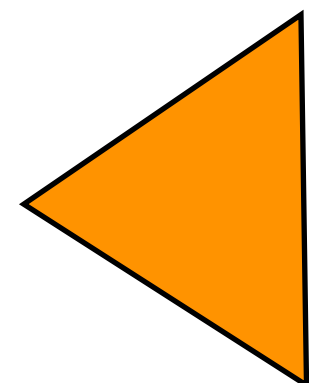
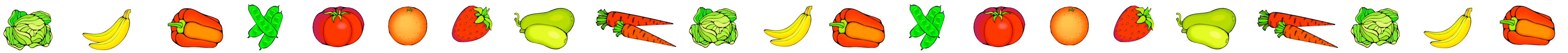


Eat More Fruit and Vegetables

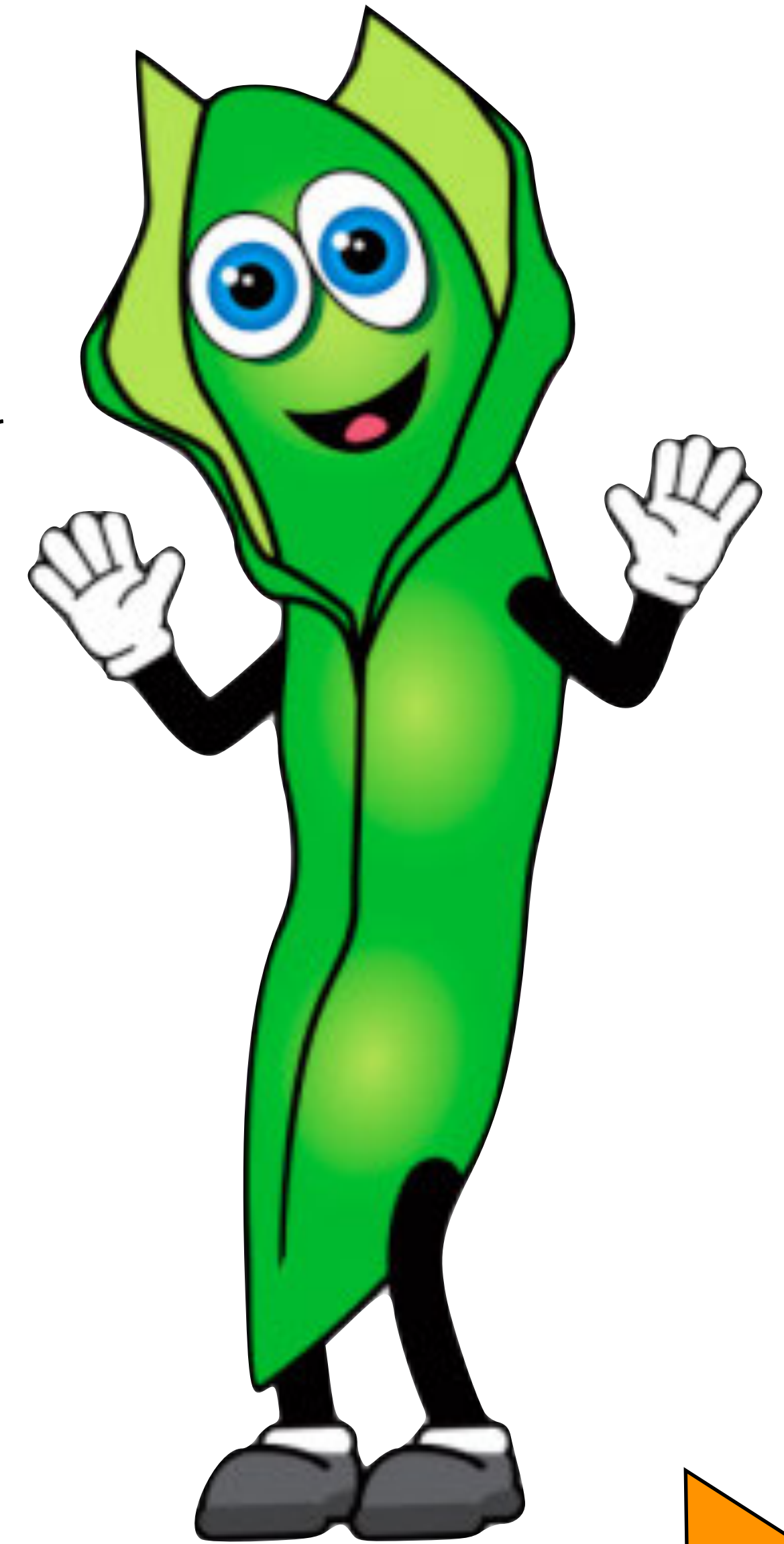
Today we will be...

Designing a recipe to include fruits or vegetables.

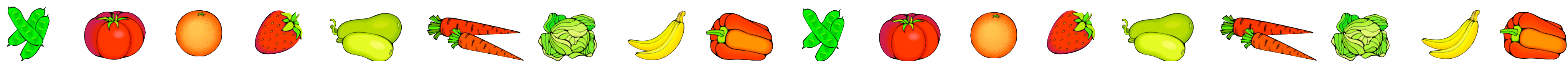


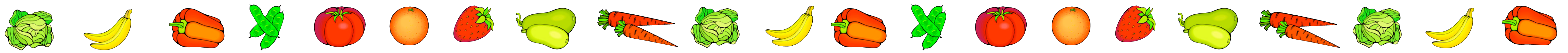


Why do you think eating fruits and vegetables is important?



Think, pair, share your ideas.

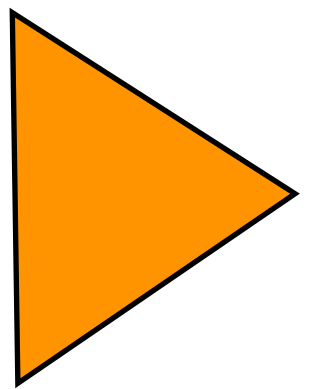
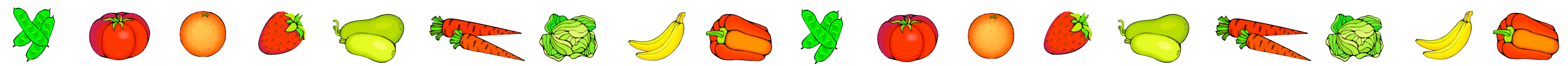
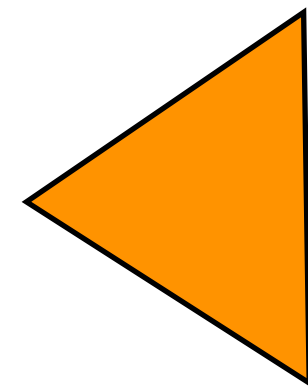


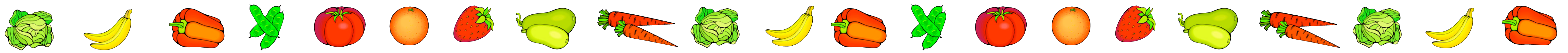


Eating a variety of different foods is important for our bodies to stay healthy. Fruits and vegetables have lots of vitamins and minerals which help our bodies to run properly.



This plate shows how much fruit and vegetables we should eat compared to other types of food. What other kinds of food can you spot on this plate?





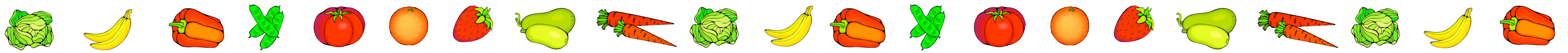
A new restaurant in town wants to encourage people to eat more fruit and vegetables so that people stay healthy. They have asked us to design some new recipes for their menu to help them do this.



Each recipe must be...

- ★ Made from fruits or vegetables
- ★ Colourful
- ★ Tasty
- ★ Healthy

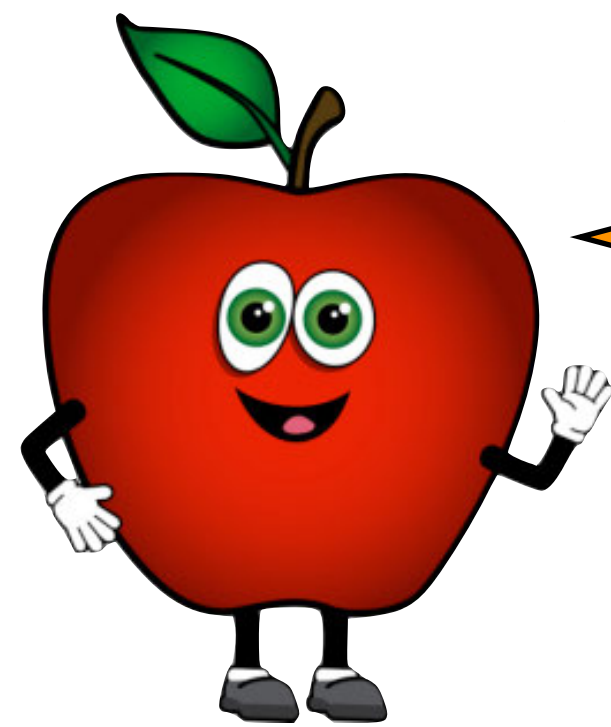
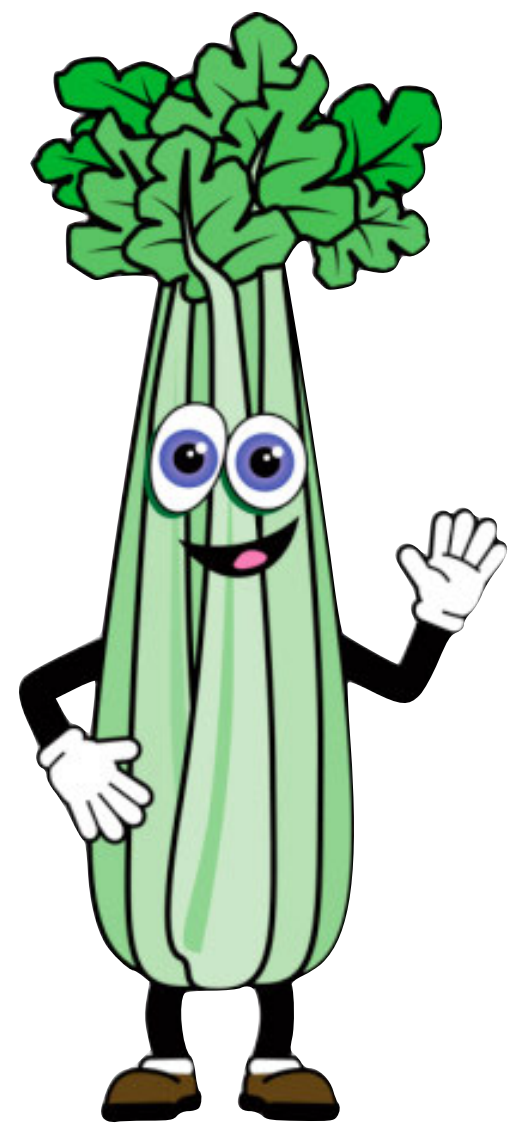




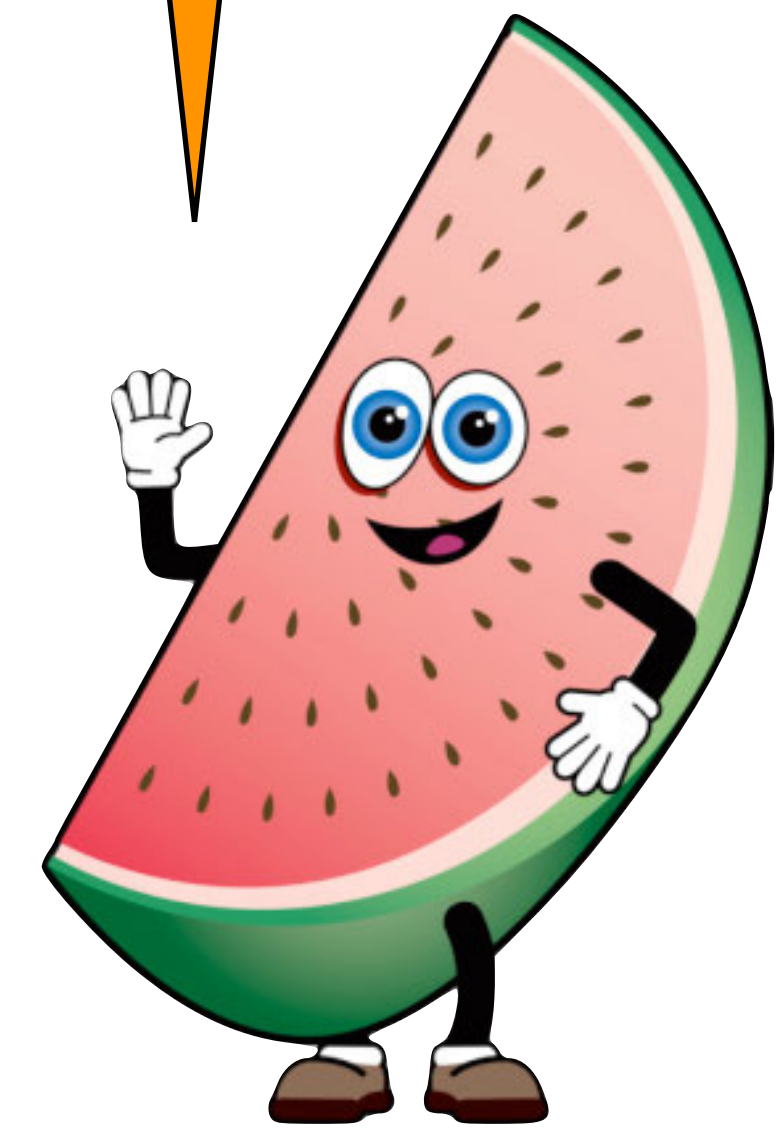
Today you will be designing your own fruit or vegetable salad for the restaurant's new menu.

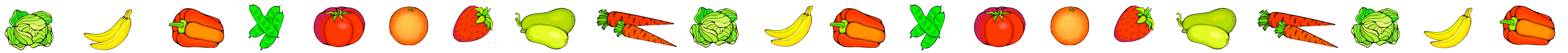
How can you make sure your recipe will be tasty?

How can you make sure your recipe will be colourful?



How can you make sure your recipe will be healthy?





Did you think of these ideas?

- ★ Your salad will be healthy if you only use fruits, vegetables and don't include lots of sugar or oil.
- ★ You can make your salad colourful by choosing a variety of fruits or vegetables.
- ★ You can make your salad look good by arranging the fruits or vegetables into interesting patterns. You could even make the salads into pictures!
- ★ You can cut up the fruits and vegetables in interesting ways, such as slices, circles or other shapes.

