



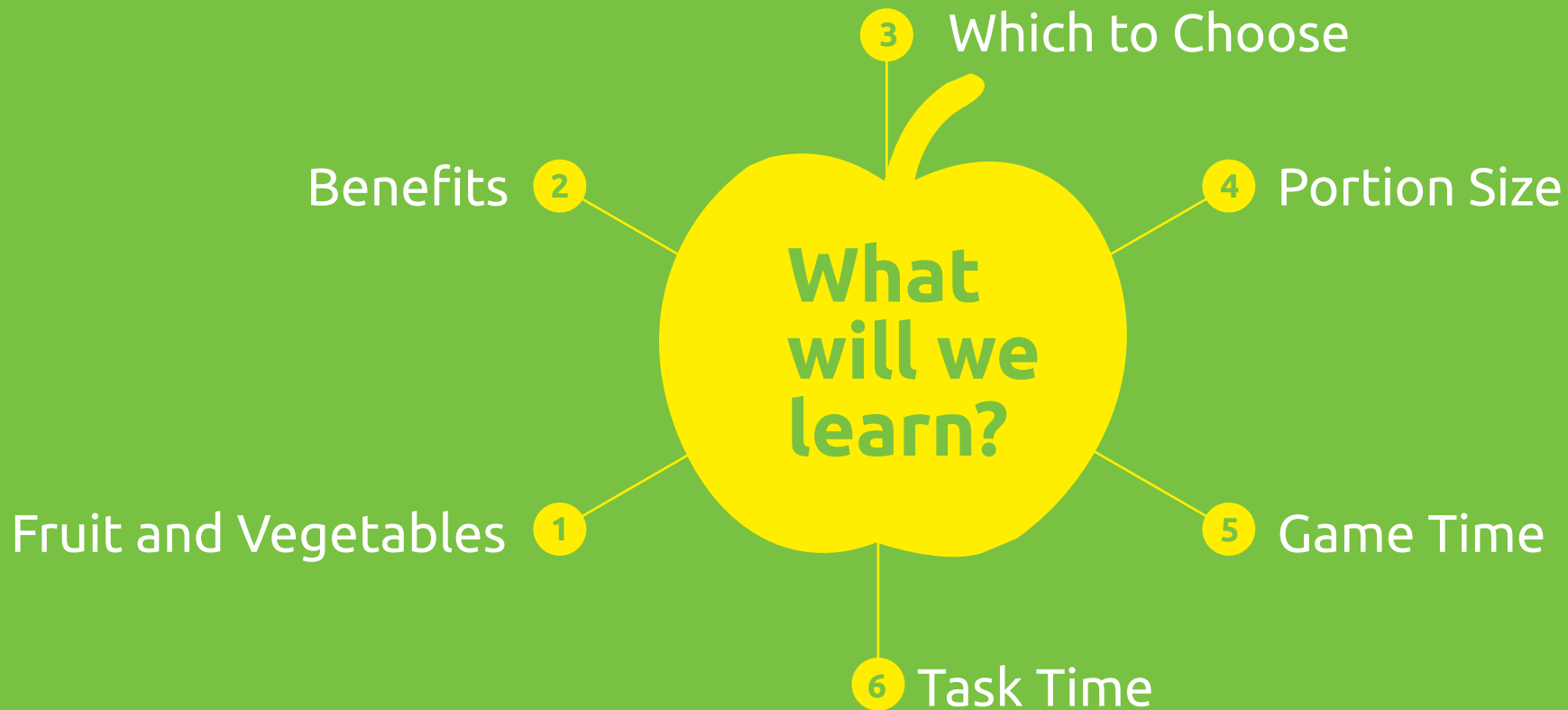
Fruit and Veg

Time Taken:
15 Minutes



Objectives

Here we will learn more about Fruit and Vegetables.

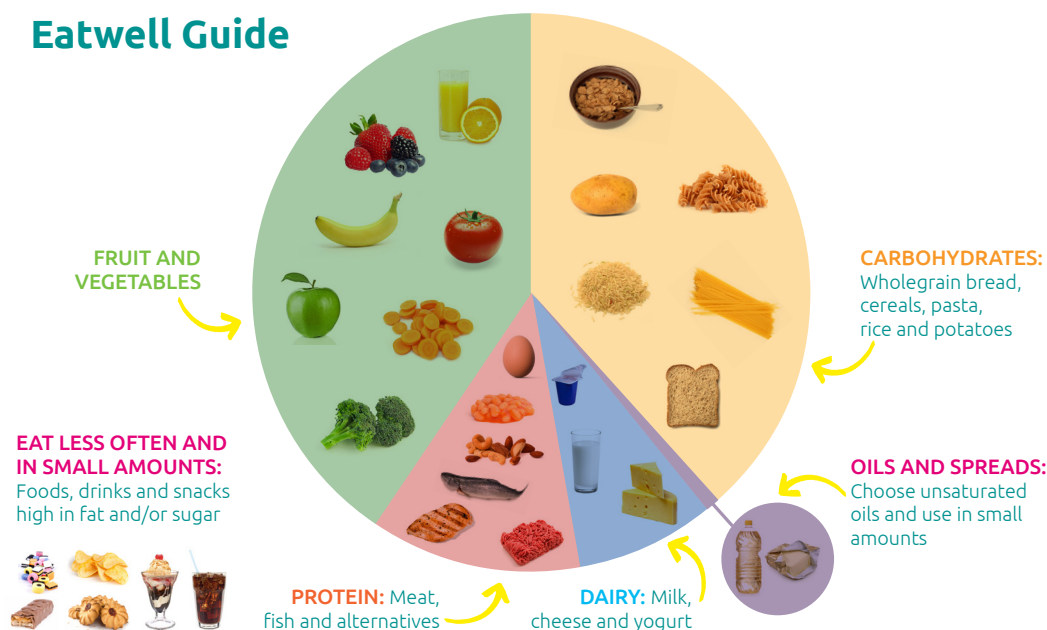


Step 1

Fruit and Vegetables

- Inform participants that today's topic will be fruit and vegetables.
- Use the food pyramid/Eatwell Guide poster to point out the fruit and vegetables section.
- Ask participants to name the different types of fruit and vegetables that are in the pictures.

Eatwell Guide



Food Pyramid



Step 2

Benefits

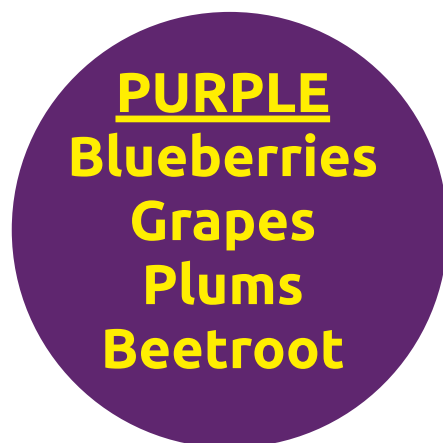
- Fruit and vegetables have lots of different vitamins and minerals that our body needs to work properly.
- Fruit and vegetables contain fibre to help our bowels work well and prevent constipation.
- They are especially important as they help our bodies to heal wounds, fight infection and prevent disease.
- Scientists have proven that eating fruit and vegetables can help prevent diseases such as heart disease, stroke and some cancers.

Step 3

Which to Choose

- All fruit and vegetables are healthy options.
- Explain to participants that it is important to eat a variety of fruit and vegetables.
- Fruit and vegetables of different colours contain different vitamins and minerals.
- We should try to eat a variety of colours each day.

Ask participants to think of a rainbow - what colours are in it?



Get everyone to think of a fruit and vegetable of every colour that they eat.

Step 4

Portion Size

Ask participants *does anyone know how many portions of fruit and vegetables we should have every day?*

Answer: 5-7



1 small glass of freshly squeezed juice (150ml).



1 handful: berries/ grapes.



1 medium sized fruit: apple/pear/ orange/banana.



1 cereal-sized bowl of vegetable soup/salad.



2 small fruit: kiwi/plums.



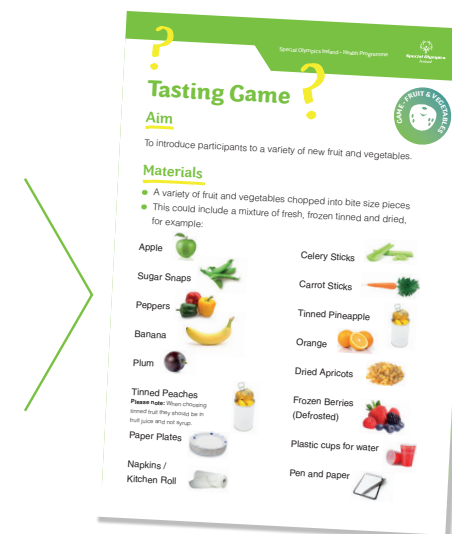
3 dessert spoons: cooked vegetables.

Step 5

Game Time

Play the tasting game to reinforce the message. Hand out 'Fruit and Vegetables' leaflet to athletes to take home.

-  Tasting Game.



Step 6

Task Time

This week's task is for each participant to eat an extra portion of fruit and vegetables every day. Ensure each participant has taken note in their Task Diary.