

This week, we learnt about the importance of eating five portions of fruits and vegetables a day (**5-a-day**). Remember, a portion is the size of your own handful! We should try to eat a variety of different coloured fruits and vegetables every day so that our bodies get all of the different vitamins and minerals it needs to stay healthy. We like to think of this as eating a rainbow!

**Here are some top-tips on how to increase your fruit and vegetable intake...**

- Fresh, frozen, canned, dried or juiced fruit and vegetables all count towards your 5-a-day! Frozen fruit and vegetables are cheaper and last longer.
- Remember, a small glass (150ml) of unsweetened juice or a small handful (30g) of dried fruit counts as a **maximum** of one portion per day because of the high sugar content, and are best had with a meal.
- Try to have fruit or vegetables with every main meal. Breakfast is a great time to boost your fruit intake. Berries or banana work really well with porridge, Weetabix or yoghurt.
- Swap MEND-Unfriendly snacks like crisps and biscuits for fruit and vegetables and save some money too! (a banana or an apple costs around 20p at the supermarket, over half the price of most chocolate bars or packets of crisps).
- Remember, potatoes don't count towards your 5-a-day, however other starchy vegetables such as sweet potato, parsnips, swedes and turnips do!

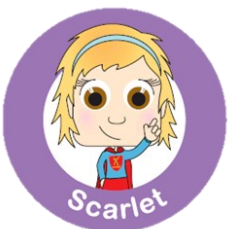


**This week's challenges are...**



### Physical Activity Challenge

Try to play at least 5 different sports. It could be cricket, hockey, netball or even basketball!



### Nutrition Challenge

Create or try a MEND friendly meal or snack recipe included your 5-a-day!

We look forward to hearing how you get on!