

5 - A - Day

Daniel (11 years) has included plenty of fruit and vegetables in his/her favourite lunchbox. An apple, banana, orange juice and some sweetcorn and cucumber in his sandwich means he has managed to include well over 3 portions of his 5-a-day just at lunchtime.

Lea suggested that we put these fruit kebabs into the recipe calendar last year, but we ran out of room! Your children can get involved with preparing these "fruit on a stick". Let them thread the fruit on their own sticks (with supervision). You can use any fruit you like – we used kiwi, apple, melon, canned peaches (in juice), satsumas, dried apricots, grapes and bananas.

Try the dip too – it's delicious!

Sandwich (wholemeal bread)
with tuna, sweetcorn and cucumber
• Apple • Banana • Orange juice

METHOD

1. Chop the fruit into chunks (make sure it's not too small, else it will fall off the sticks!).
2. Thread the fruit onto wooden kebab sticks (if your children are helping, make sure you supervise them with the sticks)
3. Serve with yoghurt dip, plain yoghurt, or simply as they are.

YOGHURT DIP

Combine some low fat plain yoghurt and cinnamon together in a bowl



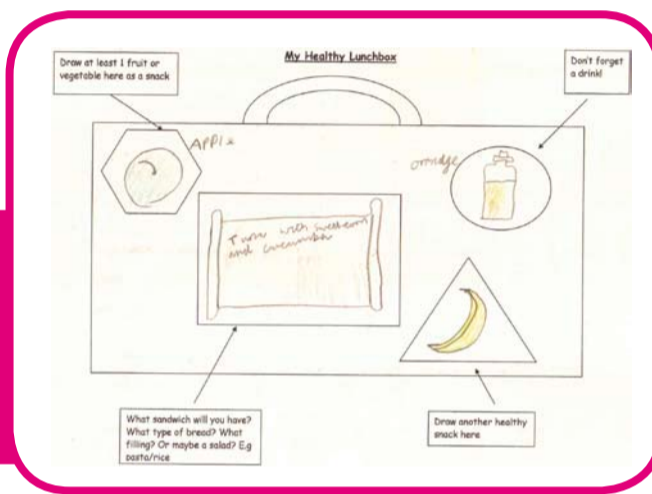
TOP TIPS Most people now know we should aim to eat at least 5 portions of fruit and vegetables every day. But what counts?

- Fresh fruit, vegetables and salad
- Canned fruit and vegetables (but not in syrup or salted/sugared water)
- Frozen fruit and vegetables
- Dried fruit
- Pure fruit juice

What doesn't count?

- Potatoes
- Fruit yoghurts
- Tomato ketchup
- Fruit flavoured jelly

As a guide, a portion is approximately a "handful" of fruit or veg. Add as much as you can to every meal – there should always be at least 1 portion (preferably more) in a packed lunchbox.



OCTOBER 2008

wed 1	fri 17
thur 2	sat 18
fri 3	sun 19
sat 4	mon 20
sun 5	tue 21
mon 6	wed 22
tue 7	thur 23
wed 8	fri 24
thur 9	sat 25
fri 10	sun 26
sat 11	mon 27
sun 12	tue 28
mon 13	wed 29
tue 14	thur 30
wed 15	fri 31
thur 16	