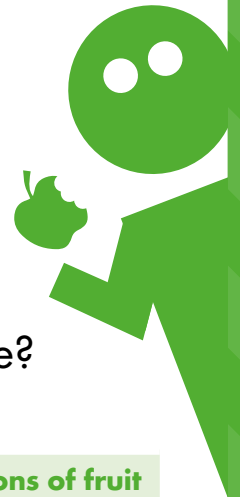


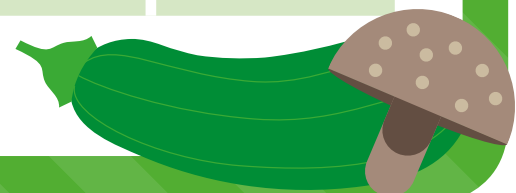
How to get your 5 A Day



You've learned how Tribe Members can get their 5 A Day. Now we would like you to plan a day's food intake for a Tribe Member showing how they can get their 5 A Day!

To get you started have a look at our example day below – how many portions of fruit and vegetables does this day provide?

Breakfast	Portions of fruit and vegetables
Weetabix with a sliced banana	
Glass of orange juice	
Mid-morning snack	
Apple	
Lunch	
School lunch - meatballs in tomato sauce with pasta and sweetcorn	
Apple crumble and custard	
Snack when home from school	
2 digestive biscuits	
Teatime meal	
Baked beans on wholemeal toast	
Fruit corner	
Total portions of fruit and vegetables eaten	



**Now it's your turn – plan a day's food intake below
 for a Tribe Member to get their 5 A Day**

Breakfast	Portions of fruit and vegetables
Mid-morning snack	
Lunch	
Snack when home from school	
Teatime meal	
Total portions of fruit and vegetables eaten	

