

What should a healthy diet include?



At least 5 portions of  
fruit and vegetables  
every day



What should a healthy  
diet not include?

Too much sugar



# What is a portion of fruit or vegetables?



A medium sized fruit



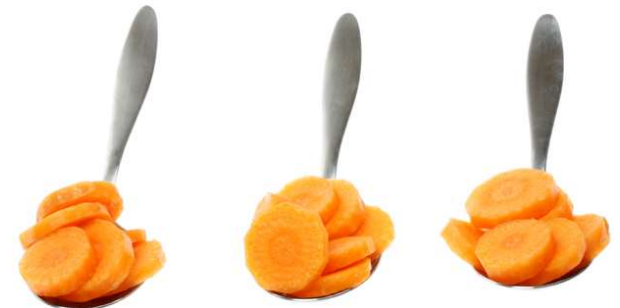
A handful of small fruits  
like grapes (about 9)



2 smaller fruits like  
apricots or plums



A small glass of fruit juice



3 table spoons of vegetables

# Here are some more 5 a day ideas!



**Tomatoes**

1 medium tomato



**Oranges**

1 orange



**Bananas**

1 medium banana



**Strawberries**

7 strawberries



**Asparagus**

5 spears



**Avocado**

Half an avocado



**Peppers**

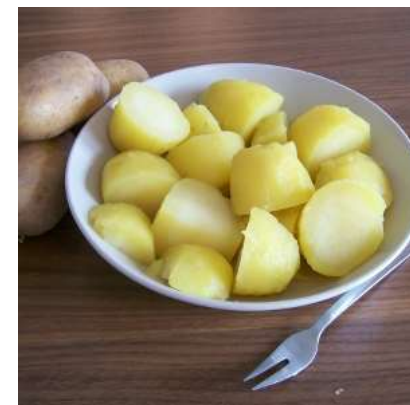
Half a pepper



**Kiwis**

2 Kiwis

# Did you know?



Potatoes do not count as a portion!

Each portion needs to be different, so 2 bananas only count as one portion!



Health experts say that 5 portions is the minimum to be healthy. Ideally we should be eating even more!

Bill	Breakfast	Lunch	Evening Meal	Snacks	Drinks
Monday	<i>Corn flakes Toast and Jam</i>	<i>Sausage roll crisps apple</i>	<i>Chicken curry Rice Naan bread</i>	<i>2 Chocolate bars</i>	<i>4 coffee 1 tea Orange juice Can of coke</i>
Tuesday	<i>Corn flakes Toast and Jam</i>	<i>Cornish Pasty Chocolate bar Banana</i>	<i>Beef lasagne Garlic bread, Peas</i>	<i>Crisps Apple</i>	<i>3 coffee 2 tea Orange juice Can of lemonade</i>
Wednesday	<i>Corn flakes Toast and Jam</i>	<i>2 Pizza slices Banana</i>	<i>Sausages, mash and baked beans</i>	<i>Cup cake Chocolate bar</i>	<i>4 coffee 1 tea Apple juice Can of coke</i>
Thursday	<i>Corn flakes Toast and Jam</i>	<i>Cheese sandwich crisps Banana</i>	<i>Meat pie, chips, peas</i>	<i>Apple Doughnut</i>	<i>3 coffee 2 tea Orange juice Can of coke</i>
Friday	<i>Corn flakes Toast and Jam</i>	<i>Sausage roll Crisps</i>	<i>Macaroni Cheese salad</i>	<i>2 biscuits Banana</i>	<i>4 coffee 1 tea Orange juice Mineral water</i>
Saturday	<i>Corn flakes Toast and Jam</i>	<i>Chicken pie chips</i>	<i>Pizza Salad</i>	<i>2 Chocolate bars</i>	<i>3 coffee 1 tea Orange juice 2 glasses of coks</i>
Sunday	<i>Sausage, bacon, egg, beans, toast</i>	<i>Tuna sandwich Apple</i>	<i>Roast Chicken Potatoes Carrots Broccoli Plum crumble and custard</i>	<i>Choc chip Muffin</i>	<i>4 coffee 1 tea Orange juice Can of Lemonade</i>

<b>Sally</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Evening Meal</b>	<b>Snacks</b>	<b>Drinks</b>
Monday	<i>Sugar puffs Toast and honey</i>	<i>Ham Sandwich Tangerine</i>	<i>Fish, chips, peas</i>	<i>Cup cake banana</i>	<i>3 coffee 2 tea Orange juice squash</i>
Tuesday	<i>Sugar puffs Toast and honey</i>	<i>Egg Sandwich Banana</i>	<i>Spaghetti Bolognaise Garlic bread, Peas</i>	<i>Crisps Apple</i>	<i>3 coffee 2 tea Orange juice squash</i>
Wednesday	<i>Sugar puffs Toast and honey</i>	<i>Tuna Sandwich Crisps</i>	<i>Pasta bake with grated cheese salad</i>	<i>Muffin</i>	<i>3 coffee 2 tea Apple juice Can of coke</i>
Thursday	<i>Sugar puffs Toast and honey</i>	<i>Cheese sandwich flapjack</i>	<i>Lamb curry Rice Naan bread</i>	<i>2 biscuits Banana</i>	<i>2 coffee 3 tea Orange juice Glass of coke</i>
Friday	<i>Sugar puffs Toast and honey</i>	<i>Sausage roll Crisps</i>	<i>Sausages, mash and baked beans</i>	<i>Apple Chocolate bar</i>	<i>2 coffee 1 tea Orange juice squash</i>
Saturday	<i>Porridge with sugar Toast and marmalade</i>	<i>Pizza Slice Apple</i>	<i>Pizza Salad</i>	<i>Chocolate bar</i>	<i>3 coffee 3 tea Orange juice Can of coke</i>
Sunday	<i>Porridge with sugar Toast and marmalade</i>	<i>Roast Chicken Potatoes Carrots Broccoli Chocolate Pudding</i>	<i>Tomato Soup Toast Cup cake</i>	<i>Choc chip muffin</i>	<i>3 coffee 2 tea Orange juice 2 glasses of Lemonade</i>



<b>Laura</b>	Breakfast	Lunch	Evening Meal	Snacks	Drinks
Monday	<i>Muesli Toast and Jam</i>	<i>Tuna and sweetcorn Sandwich apple</i>	<i>Chicken curry Rice Naan bread</i>	<i>Chocolate bar Pear</i>	<i>3 coffee 2 tea Orange juice</i>
Tuesday	<i>Muesli Toast and Jam</i>	<i>Tomato Soup Bread Banana</i>	<i>Spanish Omlette Garlic bread, Peas</i>	<i>Tube of sweets Crisps Apple</i>	<i>3 coffee 2 tea Orange juice</i>
Wednesday	<i>Muesli Toast and Jam</i>	<i>Leek and potato soup Bread Tangerine</i>	<i>Macaroni Cheese salad</i>	<i>Chocolate bar Pear</i>	<i>3 coffee 1 tea Apple juice</i>
Thursday	<i>Muesli Toast and Jam</i>	<i>Cheese sandwich Banana</i>	<i>Fish cakes, mash and sweetcorn and peas</i>	<i>Chocolate bar Apple</i>	<i>3 coffee 2 tea Orange juice</i>
Friday	<i>Muesli Toast and Jam</i>	<i>Vegetable soup Bread apple</i>	<i>Fish, Chips peas</i>	<i>Chocolate bar Banana</i>	<i>3 coffee 1 tea Orange juice Can of Lemonade</i>
Saturday	<i>Croissant with jam</i>	<i>Lentil Soup chips</i>	<i>Pizza Garlic bread Salad Fruit salad</i>	<i>2 Chocolate bars</i>	<i>3 coffee 1 tea Orange juice 2 glasses of coke</i>
Sunday	<i>Croissant with jam</i>	<i>cheese sandwich Apple</i>	<i>Nut roast Potatoes Carrots Green beans Banoffee Pie</i>	<i>Chocolate bar Bag of sweets</i>	<i>3 coffee 1 tea Orange juice Can of Lemonade</i>

<b>Simon</b>	Breakfast	Lunch	Evening Meal	Snacks	Drinks
Monday	<i>Yoghurt Muesli</i>	<i>Vegetable soup Cereal bar apple</i>	<i>Fish, chips and Peas</i>	<i>2 biscuits</i>	<i>2 coffee 2 tea Orange juice</i>
Tuesday	<i>Yoghurt Muesli</i>	<i>Tuna Sandwich flapjack Banana</i>	<i>Pie and chips with Salad</i>	<i>Crisps Apple</i>	<i>3 coffee 2 tea Orange juice</i>
Wednesday	<i>Yoghurt Muesli</i>	<i>Tomato soup Bread grapes</i>	<i>Sausages, and chips with baked beans</i>	<i>Cup cake</i>	<i>2 coffee 2 tea Apple juice</i>
Thursday	<i>Yoghurt Muesli</i>	<i>Cheese sandwich Banana</i>	<i>Pasta Bake with grated Cheese salad</i>	<i>Apple</i>	<i>3 coffee 2 tea Orange juice Hot Chocolate</i>
Friday	<i>Yoghurt Muesli</i>	<i>Chicken soup Crisps Apple</i>	<i>Pasty and chips</i>	<i>2 biscuits Banana</i>	<i>3 coffee 1 tea Orange juice Mineral water</i>
Saturday	<i>Sausage, bacon, egg, beans, toast</i>	<i>Egg and lettuce baguette</i>	<i>Fish, chips and peas</i>	<i>Apple</i>	<i>2 coffee 2 tea Apple Juice Milk shake</i>
Sunday	<i>Corn flakes Toast and Jam</i>	<i>Roast Chicken Potatoes Carrots Broccoli</i>	<i>Scones cream and Jam Slice of cake</i>	<i>grapes</i>	<i>3 coffee 2 tea Orange juice Can of Lemonade</i>



<b>Jian</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Evening Meal</b>	<b>Snacks</b>	<b>Drinks</b>
Monday	<i>Fruit Yoghurt Toast and Jam</i>	<i>Cereal bar</i>	<i>Chicken curry Rice Naan bread</i>	<i>Chocolate bar</i>	<i>4 coffee 1 tea Orange juice Hot Chocolate</i>
Tuesday	<i>Corn flakes Toast and Jam</i>	<i>Chocolate bar</i>	<i>Vegetable stir fry Rice</i>	<i>Crisps Apple</i>	<i>3 coffee 2 tea Orange juice lemonade Hot Chocolate</i>
Wednesday	<i>Corn flakes Toast and Jam</i>	<i>Cereal bar</i>	<i>Seafood Paella Salad bread</i>	<i>Chocolate bar</i>	<i>4 coffee 1 tea Apple juice Hot Chocolate</i>
Thursday	<i>Fruit Yoghurt Toast and Jam</i>	<i>Chocolate bar</i>	<i>Vegetable curry Rice samosas</i>	<i>Cereal bar Apple</i>	<i>3 coffee 2 tea Orange juice Hot Chocolate</i>
Friday	<i>Corn flakes Toast and Jam</i>	<i>Chocolate bar</i>	<i>Fishcakes Rice and peas</i>	<i>Choc chip muffin</i>	<i>4 coffee 1 tea Orange juice Hot Chocolate</i>
Saturday	<i>Corn flakes Toast and Jam</i>	<i>Pie, chips and beans</i>	<i>Pizza Salad Garlic bread</i>	<i>Chocolate bar</i>	<i>3 coffee 1 tea Orange juice Hot chocolate</i>
Sunday	<i>Fruit Yoghurt Toast and Jam</i>	<i>Tuna sandwich Cereal bar Apple</i>	<i>Lamb curry Rice, naan Bargees</i>	<i>2 biscuits Banana</i>	<i>4 coffee 1 tea Orange juice Mineral water</i>

<b>Jenny</b>	Breakfast	Lunch	Evening Meal	Snacks	Drinks
Monday	<i>Corn flakes Toast and Jam</i>	<i>Vegetable soup Apple</i>	<i>Chicken curry Rice Naan bread</i>	<i>Chocolate bar</i>	<i>Orange juice 2 glasses of coke Hot chocolate</i>
Tuesday	<i>Corn flakes Toast and Jam</i>	<i>Chicken soup Cereal bar</i>	<i>Beef lasagne Garlic bread, Peas</i>	<i>Crisps Apple</i>	<i>Orange juice 2 glasses of lemonade Hot chocolate</i>
Wednesday	<i>Corn flakes Toast and Jam</i>	<i>Tomato soup banana</i>	<i>Macaroni Cheese salad</i>	<i>3 biscuits</i>	<i>Apple juice 2 glasses of coke Hot chocolate</i>
Thursday	<i>Corn flakes Toast and Jam</i>	<i>Lentil soup An orange</i>	<i>Seafood Stir fry Herb bread Salad</i>	<i>Apple Cereal bar</i>	<i>Orange juice 2 glasses of coke Hot chocolate</i>
Friday	<i>Corn flakes Toast and Jam</i>	<i>Leek and potato soup Chocolate bar</i>	<i>Fish Chips Peas</i>	<i>2 biscuits Banana</i>	<i>Orange juice 2 glasses of lemonade Hot chocolate</i>
Saturday	<i>Sausage, bacon, egg, beans, toast</i>	<i>Steak pie Chips peas</i>	<i>Pizza Salad</i>	<i>Chocolate bar</i>	<i>Orange juice 2 glasses of coke Hot chocolate</i>
Sunday	<i>Corn flakes Toast and Jam</i>	<i>Roast Chicken Potatoes Carrots Broccoli</i>	<i>Chicken sandwiches Cake</i>	<i>Choc chip muffin</i>	<i>Orange juice 3 glasses of coke Hot chocolate</i>

Number of portions of Fruit and Vegetables eaten each day							
Number of portions							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day of the Week							