

Session 5: Fruit and vegetables recap

Learning outcomes:

At the end of the session the group should:

- be able to recall the main messages from the previous sessions
- have some fun playing fruit and vegetable bingo
- have taken part in physical activity

Activity	Preparation	Resources
Recap	<ul style="list-style-type: none"> • Buy fruit and vegetable items or collect wrappers and containers to use in exercise • Alternatively print off food photographs from the SCLD website 	<ul style="list-style-type: none"> • Boardmaker pictures (pages 131-136) • Eatwell guide (or activity mat) • Tinned fruit in juice • Tinned sweetcorn • Bananas • Beans • Strawberries • Grapes • Potatoes • Orange • Dried raisins • Chips • Frozen mixed vegetables • Fruit juice carton
What is a portion?	<ul style="list-style-type: none"> • Buy fruit and vegetable items or collect wrappers and containers to use in exercise • Alternatively you could select some photos to use 	<ul style="list-style-type: none"> • An orange • An apple • 4 strawberries • A handful of raisins • A bowl of tinned fruit • A bowl of fruit salad in fruit juice • A bowl of salad • 3 heaped tablespoons of beans or corn or peas

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Activity	Preparation	Resources
Fruit and vegetables during the day	<ul style="list-style-type: none"> • Print off pictures in colour and matt laminate if possible 	<ul style="list-style-type: none"> • A flip chart and flip paper • A black marker pen • Pictures of the following: <ul style="list-style-type: none"> • Bananas • Oranges • Broccoli • Cauliflower • Carrots • Peas • Salad • Sweetcorn • A picture of the following: <ul style="list-style-type: none"> • Bran cereals or Weetabix • White bread sandwich • Brown bread sandwich • White rice • Brown rice • A picture of the following <ul style="list-style-type: none"> • Milk • Water • Tea • Coffee • Juice
Fruit and vegetable bingo	<ul style="list-style-type: none"> • Print off in colour the bingo cards • Print off the pictures for bingo and cut pages in half • If you laminate these they can be re-used. Matt laminate is preferable • Buy a prize for the winner 	<ul style="list-style-type: none"> • Bingo cards (pages 137-142) • Pictures of each fruit and vegetable (143-147) • Black marker pens • Prize for bingo winner, e.g. a fresh pineapple

Fruit and vegetables

Activity	Preparation	Resources
Learning check	<ul style="list-style-type: none">• Look out the answer sheets from session 1 to see difference in knowledge around fruit and vegetables	<ul style="list-style-type: none">• Fun with fruit and veg quiz sheets (page 127-129)
Physical activity	<ul style="list-style-type: none">• Check the risk assessment sheets to make sure that groups can do the exercise that is suggested• Plan a walk to do with the group.	<ul style="list-style-type: none">• 'You can do it' from http://vimeo.com/21292481 Find out if your local authority has activities or facilities that you can access

Session 5: Fruit and vegetables recap

The purpose of this exercise is to:

- be able to recall the main messages from the previous sessions.

Ask the group:

Why should we eat fruit and vegetables?

It is important to eat fruit and vegetables for good health. It keeps our bodies healthy. Keeps us regular and can protect us from heart disease, heart attacks, strokes and some cancers. It can protect us from other illness such as catching colds.

Use the Boardmaker pictures (pages 131-136) to talk through your

- answers: a heart in pain
- a healthy heart
- a person sneezing
- a person in pain on a toilet
- a smiling person on a toilet
- a person ill in bed.

Remind the group that fruit and vegetables can be fresh, tinned, dried and frozen.

Lay out the fruit and vegetables (or wrappers/containers) on a table. For example:

- Tinned pears in juice
- Tinned sweetcorn
- Bananas
- Beans
- Strawberries
- Grapes
- Potatoes
- Orange
- Dried raisins
- Frozen mixed vegetables
- Fruit juice carton
- Chips

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Invite each learner to choose a food and place it on the Eatwell guide (or activity mat). Ask them to think about which section of the mat it should go onto. If they are not sure ask the rest of the group to help them.

The foods should go into the green section, fruit and vegetables. Potatoes and chips do not belong in the fruit and vegetable section. They go in the yellow section, starchy foods.

What is a portion?

The purpose of this exercise is to:

- be able to recall the main messages from the previous sessions

Ask the group if they know what a portion of fruit and vegetables is.

A portion is:

- any fruit and vegetables that fits in your hand
- 3 heaped tablespoons of vegetables, beans or pulses
- a dessert bowl of fruit or vegetable salad.

Examples:

An orange, an apple, 4 strawberries, a bowl of tinned fruit, a bowl of fruit salad in fruit juice, a bowl of salad, 3 heaped tablespoons of beans, sweetcorn or peas.

Try to give examples of fresh, dried, tinned and frozen fruit and veg. It is preferable to show an actual portion fitting in your hand rather than pictures.

Ask someone from the group to hold a portion. Ask them if there is more space in their hand for more fruit or veg.

Ask the group:

Do you know how many portions of fruit and vegetables you should eat each day?

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We all should eat 5 portions of fruit and vegetables a day. The more colours we eat the better as different colours provide different vitamins. Remind the group that potatoes do not count as a portion of fruit and vegetables.

Fruit and vegetables during the day

The purpose of this exercise is to:

- be able to recall the main messages from the previous sessions.

It is very easy to have five portions of fruit and vegetables in a day. By using a flipchart and pictures of foods build a healthy menu.

Put a picture of breakfast cereals as a breakfast on the flipchart.

Ask the group:

1. Which foods they can add so they can start counting their portions of fruit and vegetables a day. (Let them choose from the pictures)

- Any fruit in the bowl of cereals (1st portion)
- A glass of fruit juice (2nd portion)

2. Which food they might have as a snack after breakfast (let them choose from the pictures)

- A fruit or a handful of dried fruit (3rd portion)

Put a picture of a sandwich as lunch on the flipchart.

3. Which foods they can add to make it healthier (let them choose from the pictures)

- A salad (4th portion)
- Vegetable soup (5th portion)

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4. Which food they might have as a snack after lunch (let them choose from the pictures)

- Yoghurt with added fruit in it (6th portion)

Put a picture of a steak/chicken/fish as dinner on the flipchart

5. Which foods they can add to make it healthier (let them choose from the pictures)

- Broccoli, cauliflower, carrots and peas (7th portion)
- A tin of fruit salad in fruit juice as a dessert (8th portion)

Look through the flip chart and see how many different colours of fruit and vegetables there are.

Fruit and vegetable bingo

The purpose of this exercise is to:

- have some fun playing fruit and vegetable bingo.

We are going to play fruit and vegetable bingo!

Hand out bingo cards (page 137-142) and black markers to each learner. Make sure you only give out 1 winning card (the winning card has a bowl of strawberries at the bottom right).

Explain to the group:

- I will pick out pictures of fruit and vegetables (page 143-147) one at a time.
- You tell me what the fruit or vegetable is.
- Then cross off the picture if you have it on your card.
- The first person to cross off all the pictures on their card is the winner.
- When you get all the pictures remember to shout bingo!

Learning check

The purpose of this exercise is to:

- be able to recall the main messages from the previous sessions.

Use the “Fun with fruit and vegetables” quiz sheets (page 127-129) completed in session 1. Do the quiz a second time and see if the group still tick the same answers.

Physical activity

The purpose of this exercise is to:

- have taken part in physical activity.

Encourage the group do some exercise. You could:

- go for a walk.

Suggestion:

Why not ask the group what they would like to do for next time? If you have time you could watch the 'You can do it' SCLD video.

(<http://vimeo.com/21292481>) to get some ideas or talk to your local authority to find out if they run accessible physical activities.

