

Activity 1 :



Quiz – Please **tick** your answers – *All answers are in the video that you have just watched.*

Here is the link to the video of the quiz :

<https://www.youtube.com/watch?v=ilp3wvAFGYE>

1. What is the largest food group on the eat well guide plate?

- Fruit and Vegetables
- Carbohydrates
- Protein
- Dairy
- Oil

2. How many portions of fruits and vegetables should you have per a day?

- 6
- 4
- 5
- 3
- 2

3. Does fruit juice and smoothie count as 1 of your 5 a day?

- Yes
- No

4. Why does potato not count towards your five a day?

- It is a starchy carbohydrate food
- Because it is brown
- It is not a vegetable

5. Does frozen can fruits and vegetables count as one of your five a day?

- Yes









- No

Activity 2 :

Summertime Fruit and Vegetables - Word Scramble.

1. Can you unscramble the word puzzle in under one minute?

Chef Solus' Summertime Fruit and Vegetables - Word Scramble
 Chef Solus is enjoying summertime. Unscramble this word puzzle and find the names of some of Chef Solus' favorite summertime fruits and vegetables!

 nabnaa _____	 leetctu _____
 toatom _____	 sapegr _____
 paech _____	 roc n _____
 innoo _____	 trberwyars _____

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- Can you have one of these fruits and vegetables from the word scramble in one of your meals and write it down?
- If you have a different fruit or vegetable you can also write it down.

Day	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			

Friday			
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Activity 3:

1. Find 2 fun facts about these fruits or vegetables provided.
2. Find 2 reasons as to why these vegetables and fruits are good for you.
3. Choose one fruit or vegetable and write a short description about what the function are (*how does the fruit or vegetable help your body*)

Monday- *Apple*

Tuesday – *Broccoli*

Wednesday- *Banana*

Thursday- *Sweetcorn*

Friday- *Pineapple*



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