

Vegetables (and fruits) are the superheroes of the food world. They are packed with vitamins, minerals and fibre. They help to keep our digestive system and bloodstream healthy, fight off disease and are great for our eyes and skin.



Aim to eat at least 5 portions of a variety of fruit and veg each day. Choose from fresh, frozen, tinned, dried or juiced.

## *Top Tips to get your 5-a-day:*

- \* Add veg – carrot, cucumber and pepper sticks are a great snack (try them with the tomato salsa recipe or some hummus).
- \* Buy in season – veg and fruit is usually cheaper when it's in season (check out the Cwtch in a bowl soup recipe for a perfect warming seasonal treat).
- \* Stock the cupboard – tinned fruit and veg won't go off as quickly as fresh and its usually cheaper to buy. Tinned veg with no added salt or sugar is the best option and is quick to add to the sunshine pasta salad, or mini frittata recipes. Opt for fruit in natural juice rather than syrup – great for a healthy breakfast option or add it to the fruity cheesecake pots recipe.
- \* Fill the freezer – frozen veg is another handy way to keep stocked up and avoid waste. Frozen peas, sweetcorn and broccoli thaw quickly and are great for adding to curries, pasta and stews.


## *Random Facts*



Durian is the smelliest fruit in the world. It grows on the Durio tree in Malaysia, Indonesia and Thailand. People say it smells like rotten eggs or sweaty socks!



Potatoes don't count toward your 5-a-day, but they were the first food to be grown in space!

 In Japan it's possible to buy watermelons shaped like pyramids!