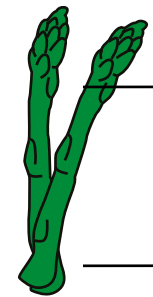


5-a-day the easy way

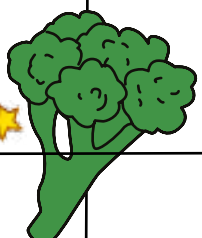

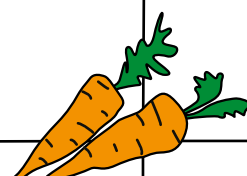

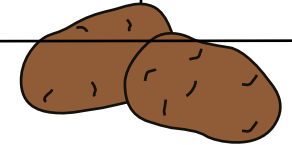

As grown ups we understand the importance of aiming for 5-a-day but what does that mean for little ones? When it comes to fruit and veg, a general rule is to give the amount that would fit into your child's hand and offer at each meal and for some snacks. Aiming for five servings a day is a rough guide but the more the better. Also aim to eat a wide variety of fruit and veg of all different colours.

Our special reward chart is a great way to encourage healthy behaviour. Every time your little one eats a portion of fruit or veg, add a sticker to the chart or ask them to have a go at drawing what they ate! It supports children's development through learning to count, discovering the names of different foods, and practising the days of the week. Be sure to celebrate each and every box that gets ticked!



5 is the magic number

5 is the magic number

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1					★		
2		★ 				★	
3							
4			★				
5							

★ 5 is the magic number ★

Ella the Elephant