

EAT THE RAINBOW!



THE FRIENDLY FOOD CLUB

Cooking up healthier futures



this booklet belongs to



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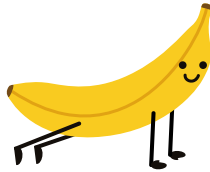
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thefriendlyfoodclub.org

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EAT THE RAINBOW!



This booklet is full of things to do in your holiday activity sessions and when you get home.

The front half is for 5-8 year olds. The second half is for 8-12 year-olds. Why not have a go at all of them!



At the bottom of each page look for:

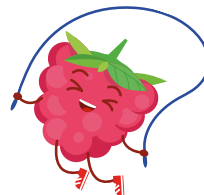


AT HOME

... ideas to ask or do with your family!

In the middle are four pull out **recipes** to make at home together.

... and don't forget to write your name on your **certificate** and put it up!



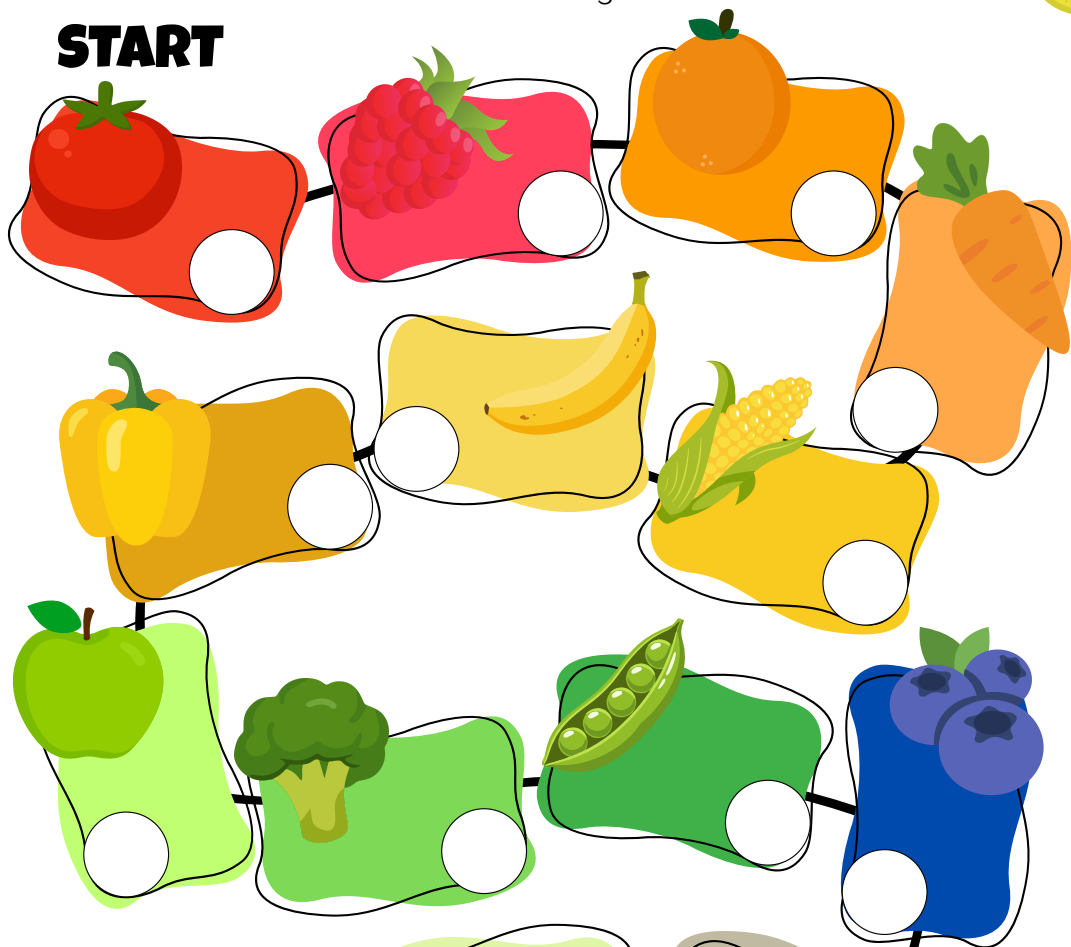
RAINBOW RACE!

5-8



Be the first to name all these fruits and vegetables!

START



FINISH

Draw a face in each circle to show how much you like each one!



Lots!



It's OK



Not so sure

Not sure? Here are their names: Apple, banana, blueberry, broccoli, carrot, cauliflower, mushroom, orange, peas, pepper, sweetcorn, tomato.



Draw a circle around three you'd like to try!
Can you find them when you go shopping?

COLOUR THE RAINBOW

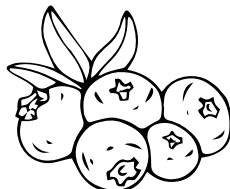
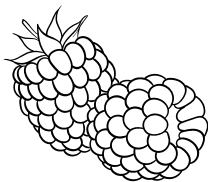
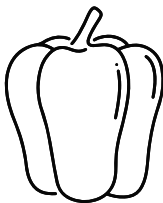
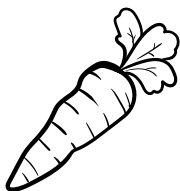
5-8



Eating lots of vegetables and fruits in different colours helps us stay healthy.

Colour each one in the right colour!

Can you also write each one's name?



HEALTHY SWAPS

5-8



Healthy swap ideas help you swap something that's not so healthy for something that's good for you - and tasty!

Instead of...



... circle three healthy swaps you would like to try!

Chocolate or sugary cereal



Wholegrain cereal or porridge with berries

Cereal bars



Wholemeal toast with banana and peanut butter

Cake or muffins



A fruit teacake or fruit loaf

Crisps



Plain popcorn

Biscuits



Fresh fruit or tinned fruit in juice

Fizzy drinks



No added sugar drinks

Milkshakes



Low sugar yogurt or fromage frais

Sugary yogurts



Sugar free jelly

Sweets



Vegetable sticks and hummus

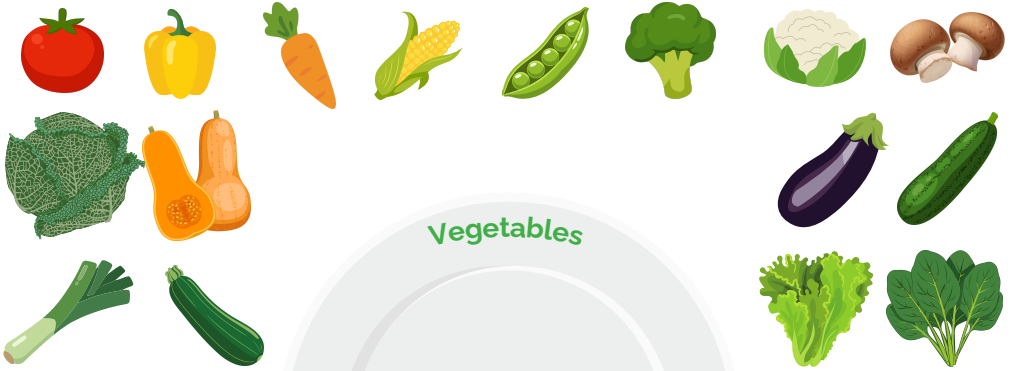
CHOOSE A HEALTHY MEAL

5-8

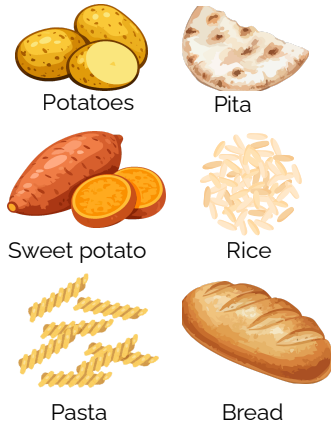


Eating plenty of vegetables and fruits helps you stay healthy!
What would you would add to your plate to make a healthy meal?

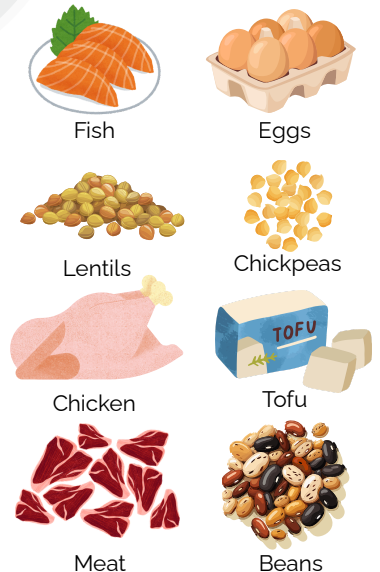
Circle three different vegetables to fill half your plate:



Circle one starchy food for energy:



Circle one protein to help you grow:



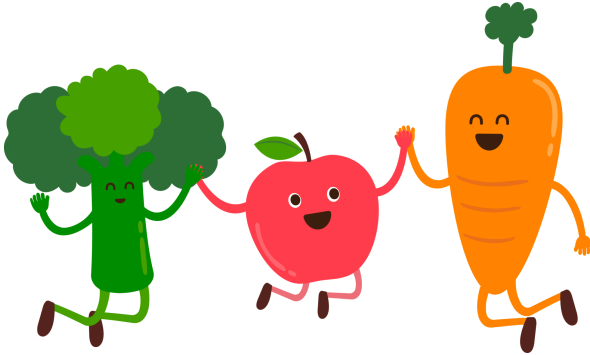
Now describe your meal to a friend!

Help your parent or carer make this meal for your family to enjoy!



WELL DONE!

5-8



has learned about eating vegetables and fruits
and is ready to

EAT THE RAINBOW!

for a healthy body and healthy mind

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RECIPE:

BANANA SUSHI

WHAT YOU'LL need

1 or 2 bananas

2 or 3 squares dark chocolate

A tortilla wrap OR rice snaps cereal

OR sprinkles



WHAT TO DO

Peel the bananas and have them ready on plates.

Melt the chocolate in a bowl in the microwave.

Wraps: Spread the melted chocolate on the wrap. Roll the wrap around the banana. Cut into slices to eat.

Cereal or sprinkles: Pour the melted chocolate on the bananas. Using a fork to hold them, spread the chocolate over the banana then cover with cereal or sprinkles. Pop in the fridge to set. Cut into slices to eat.





RECIPE:

FRUIT POTS

WHAT YOU'LL need

A selection of fruits, like strawberries, grapes, banana, apple, blueberries, easy peelers or satsumas. Tinned fruit in juice also works well, like apricots, peaches and pineapple. (Avoid tinned fruit in syrup.)

Optional toppings: plain, natural or Greek yogurt.

WHAT TO DO

Slice the fruits into small, easy to eat pieces.

Drain any tinned fruit in juice. (Keep the juice to add to your fruit pots later.)

Add a mixture of fruits into small pots or bowls.

Why not try a mix of ones you already like and something new to try?

If you like, top with a spoon of yogurt.





RECIPE:

POKÉ BOWLS

WHAT YOU'LL need

A pouch of ready to eat rice
Any selection of raw salad vegetables, like tomato, cucumber, avocado, carrot, peppers, and/or cooked veggies, like sweet potato, broccoli, peas or sweetcorn.
Soy sauce, low-fat mayo, hot sauce
Optionally, some protein like a boiled eggs, drained chickpeas, cooked chicken, drained tinned tuna, or tofu.



WHAT TO DO

Divide the rice between your bowls.
Chop, slice or grate your raw salad veggies. Chop any cooked veggies into small pieces.
Add a mix of veggies to each bowl, and any protein.
Add just a little sauce of your choice.





RECIPE: RAINBOW WRAP EASY PIZZA

WHAT YOU'LL need

Tortilla wraps

Tomato puree or tinned chopped tomatoes

Grated cheddar or mozzarella

Toppings: ham, cooked chicken, sliced mushrooms, onion, courgette or peppers, peas, sweetcorn, pineapple, olives etc.

Baking tray and oven with a grill.



WHAT TO DO

Spread a thin layer of puree or tinned tomatoes over the wraps, as close to the edge as you can.

Sprinkle on the grated cheese.

Add your favourite toppings.

Pop under a hot grill until the cheese is melted and the pizza is hot. Don't put the pizza too close to the grill, though. Take care not to burn the edges!



EAT THE RAINBOW



Eating lots of vegetables and fruits in different colours helps us stay healthy. Write or draw each vegetable and fruit in the right colour of the rainbow. Some could go in more than one colour!

Apple, apricot, aubergine, avocado, banana, blueberry, broccoli, cabbage, carrot, cauliflower, cherry, courgette, garlic, grapes, kale, kiwi, lemon, lettuce, lime, mango, mushroom, onion, orange, peach, pear, peas, peppers, pineapple, pumpkin, raspberry, spinach, squash, strawberry, sweetcorn, sweet potato, tangerine, tomato, watermelon, yam.



Circle something you would like to try in every colour. Have them with a meal, in a packed lunch, or as a snack!

DESIGN A SUPERHERO



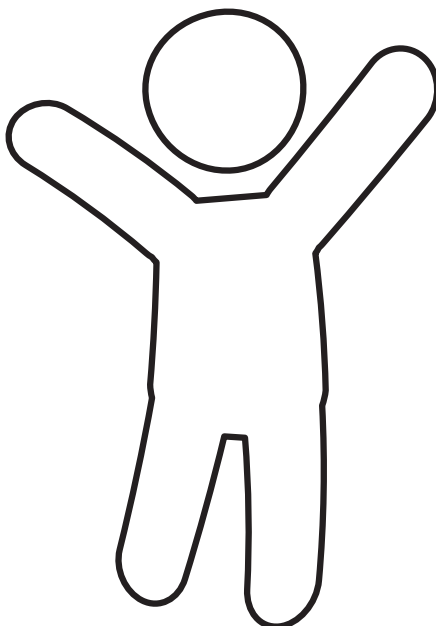
Design your own fruit and vegetable-powered superhero!

Choose **5** fruits and vegetables that give them their powers.

Each one must be a **different colour**!

Draw or write them on each part of your superhero.

Write what **special powers** they give him or her!



Superhero name:

Here are some ideas! What other fruits and vegetables can you think of?

RED

Tomato, strawberry,
raspberry, red pepper

GREEN

Peas, broccoli, apple, grape,
kiwi, spinach

ORANGE

Orange, carrot, squash

PURPLE

Blueberry, grape, blackberry,
aubergine

YELLOW

Lemon, sweetcorn

WHITE

Mushroom, onion,
cauliflower, garlic



Now try all the fruits and vegetables you chose. They won't give you superpowers, but they will help you stay healthy!

HEALTHY SWAPS



Healthy swap ideas help you swap something that's not so healthy for something that's good for you - and tasty!

Instead of...



... circle five healthy swaps you would like to try!

Chocolate or sugary cereal



Wholegrain cereal or porridge with berries

Cereal bars



Wholemeal toast with banana and peanut butter

Cake or muffins



A fruit teacake or fruit loaf

Crisps



Plain popcorn

Biscuits



Fresh fruit or tinned fruit in juice

Fizzy drinks



No added sugar drinks

Milkshakes



Low sugar yogurt or fromage frais

Sugary yogurts



Sugar free jelly

Sweets



Vegetable sticks and hummus



Can everyone make at least one healthy swap every day?

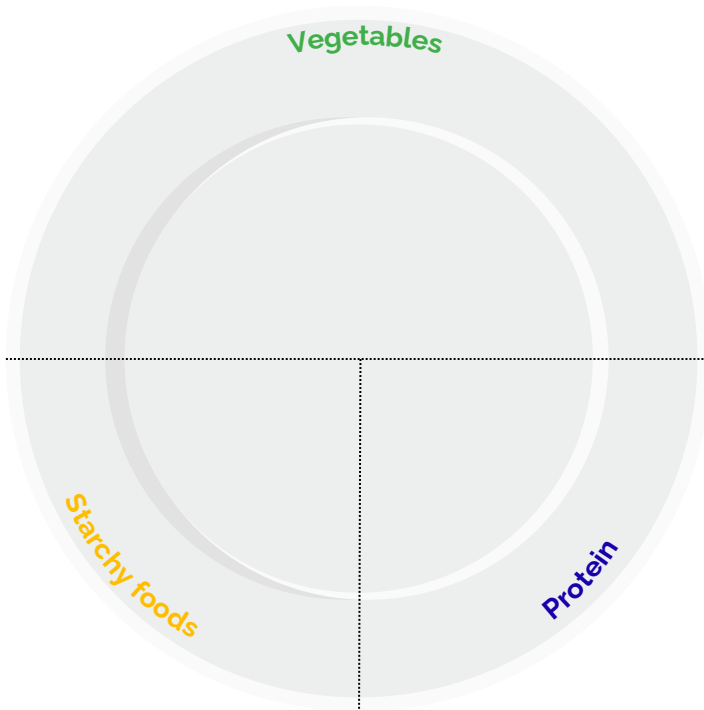
CHOOSE A HEALTHY MEAL



Draw and label what you would add to your plate to make a healthy meal. You can write your own ideas as well as the ones listed below. What other vegetables can you think of?

At least three different vegetables for good health, to fill half your plate:

Peas, carrots, broccoli, cabbage, sweetcorn, peppers, tomatoes, salad leaves, cucumber, aubergine, courgette, onion, mushrooms, spinach, cauliflower, leek.



One starchy food for energy:

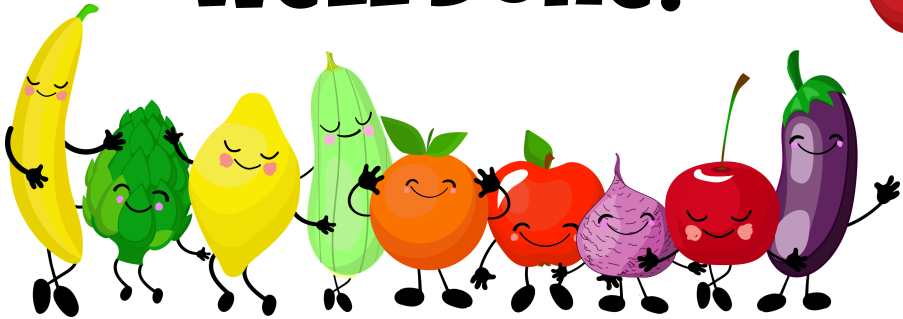
boiled potatoes, baked potato, mash, pasta, rice, bread, sweet potato.

One protein to help you grow:

chicken, fish, tofu, lentils, beans, chickpeas, eggs, lean meat.



WELL DONE!



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PARENT/CARER IDEAS



Start your day with fruits or veggies

Add berries, banana slices, or grated apple to oats, cereal, or yogurt. Try an omelette with mushrooms, spinach and peppers, or half an avocado.

Snack smart

Prepare some carrot sticks, cucumber slices, pepper strips, grapes, or apple slices for when you need a snack. Have with a little hummus or peanut butter.

Blend into smoothies

If you have a blender, mix fruits like mango, pineapple, or berries with leafy greens like spinach or kale, and some oats, for a healthy smoothie.

Add more veggies to every meal

Add extra vegetables to recipes or serve on the side. Make sure half of your plate is covered in veggies before you add proteins or starchy foods.

Make fruit desserts

Swap sugary desserts for fruit like baked apples, frozen grapes, or fruit salad with a little honey and plain yogurt.

Keep frozen or tinned options handy

Frozen and tinned fruits and vegetables are just as healthy and are easy to add to meals. Look for tinned versions in water or juice, with no added sugar or salt.

Make veggie or half-and-half chilli

Swap all of half of your usual beef mince for a mix of beans (like black, kidney, and white) in your chilli. Brown lentils have a texture like minced beef.

Blend or grate vegetables into pasta sauce and mince dishes

Blend carrots, courgettes, peppers, mushrooms or spinach into tomato pasta sauce, or grate into meatballs, burgers, cottage pie or bolognese.

Switch to wholemeal or wholegrain

Wholemeal or whole grain bread, pasta, and rice have more fibre than white versions. Leave the skin on potatoes and sweet potatoes.

Try "meatless Mondays"

One day a week have plant-based meals like veggie stir-fries or bean curry, grain bowls, or a big salad.

The Friendly Food Club changes lives and creates healthier futures. We support people from vulnerable groups across Dorset by building their cooking skills, healthy eating habits, confidence and resilience, to help break the cycle of food insecurity and low wellbeing.

Your support is absolutely vital in helping to change more lives and create healthier futures by building cooking skills, food knowledge and confidence for people from vulnerable groups across Dorset.

You can get involved by

- Volunteering for us to deliver similar sessions
- Donate with a one off or monthly donation
- Hold a fundraiser with your group
- Or take part in one of our challenge events

See our website for more details, challenges and opportunities!
thefriendlyfoodclub.org/donate



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