

5 A DAY FOR 5-A-SIDE



ACTIVITY

Pete is a keen footballer and is a member of a 5-a-side team. He has practices and matches most days, which means he uses up a lot of energy and often rushes his meals. His friend Mo has been learning about the importance of getting enough fruit and vegetables and thinks Pete could make some easy changes to his diet to make sure he is getting enough vitamins and minerals.

The chart below shows Pete's usual diet. Show Pete what fruit and vegetables he can add to easily achieve his 5 a day by filling in the chart on the following page.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	porridge, tea	cornflakes, toast, orange juice	bran flakes, hot chocolate	crumpets and jam, tea	cheese on toast, milk
Snack	cereal bar, water	cereal bar, water	cereal bar, water	cereal bar, water	cereal bar, water
Lunch	cheese and pickle sandwich, yogurt, water	ham and mustard sandwich, yogurt, water	chicken and bacon sandwich, yogurt, water	egg mayonnaise sandwich, yogurt, water	tuna mayonnaise sandwich, yogurt, water
Dinner	spaghetti and meatballs, ice cream	jacket potato with baked beans, fruit salad	vegetable lasagne, salad, yoghurt	chilli con carne and rice, ice cream	beef stew, carrots, mashed potato
Snack	crackers, cheese, milk	toast and peanut butter, milk	crackers, cheese, milk	cornflakes, milk	toast and jam, milk

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Snack					
Lunch					
Dinner					
Snack					

SEE BELOW FOR SOME IDEAS

