

Is it one of my five a day?

Name:

June 2020

Have a look at all of the different types of food that you have in your house. How many of them count as one of your five a day?

One of your five a day...

Not one of your five a day but probably still delicious...

Is your house anything like mine? We tend to buy loads of healthy food each week, then wait until it's on the turn before making some kind of hasty vegetable soup!