



Lindsworth School

Supporting Healthy Eating: The Importance of Fruits and Vegetables

At Lindsworth School, we are committed to supporting the health and wellbeing of our pupils. This month, we're focusing on healthy eating and the importance of ensuring children get their recommended daily intake of fruits and vegetables.

Why are fruits and vegetables so important?

Fruits and vegetables provide essential vitamins, minerals, and fibre that support children's growth, development, and overall health. A balanced diet with plenty of fruits and vegetables can help:

- Boost the immune system
- Improve concentration and learning
- Maintain a healthy weight
- Reduce the risk of illnesses in later life

How much is enough?

The NHS recommends that children aged 5 and above aim for five portions of fruits and vegetables a day. Each portion is roughly the size of your child's cupped hand, which makes it easy to estimate!

Easy ways to include more fruits and vegetables:

- **Breakfast Boost:** Add sliced banana or berries to cereal or porridge.
- **Snack Swap:** Replace crisps and biscuits with carrot sticks, cucumber slices or apple wedges.





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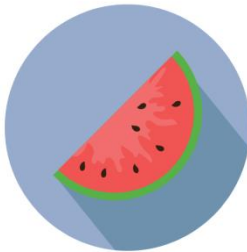
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- **Lunchtime Additions:** add cherry tomatoes, a small salad or a portion of dried fruit at lunch.
- **Get Creative:** blend fruits into smoothies, or include vegetables in pasta sauces, soups, and stews.
- **Lead by Example:** show your child that you enjoy eating fruits and vegetables too!

Our Healthy Eating Pledge

At Lindsworth School, we encourage children to make healthy choices at meal and break times. We also provide balanced school meals that include fresh fruits and vegetables every day.

Together, we can ensure that every child has the opportunity to thrive through good nutrition and a balanced diet. Thank you for your continued support.



More information can be found at:

<https://cambspborochildrenshealth.nhs.uk/feeding-and-eating/healthy-eating/>

