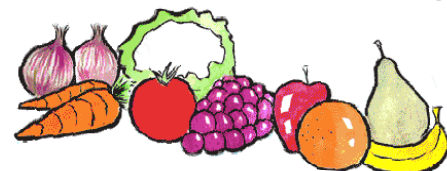


# Five Ways to Five a Day



How many ways can you think of to eat fruit and vegetables five times a day? Which meals would you have them with?

## Canned

Why not have a can of fruit salad at teatime or a tin of beans with a baked potato in the evening?



## Juice

Have some with breakfast?



## Fresh

You could have fresh fruit like an apple or banana at break and fresh vegetables or salad at lunch or teatime.



## Dried

You could put dried fruit on your cereals at breakfast, or have some as a snack.



## Frozen

Frozen vegetables are quick and easy with lunch, dinner or tea.

