

Healthy Movers

Munch Crunch 5-a-day



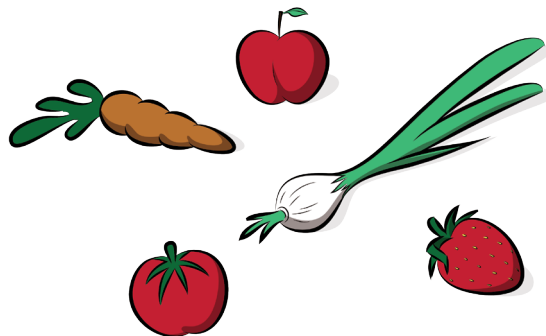
**Photocopy me to share
with parents and carers**

Parents/Carers

This week we are playing the Munch Crunch 5-a-day activity card. The activities help children to move in different ways, at different speeds and levels, while at the same time learning about different fruit and vegetables through the 5-a-day message.

Ask your child to show you:

- ☐ tell you all about the fruit and vegetables they have learned about;
- ☐ list the fruit and vegetables they have eaten each day; and
- ☐ name a colour and you try and think of a fruit or vegetable of that colour, take it in turns.



Healthy and Happy me

These activities help children learn about the 5-a-day message as part of a healthy diet.



Social me

These activities encourage speaking and listening skills through discussion about colours and fruit and vegetables.



Physical me

Munch Crunch 5-a-day provides opportunities for children to dance freely in space and practise stopping and starting skills.



Creative me

Using books and images helps children to visualise different fruit and vegetables, creating fruit salads.



Thinking me

These activities allow children to consider, use prior knowledge, make decisions and express preferences.



Did you know?



Different fruits and vegetables contain different combinations of fibre, vitamins, minerals and other nutrients. They can help reduce the risk of heart disease, stroke and some cancers. Fruit and vegetables are also usually low in fat and calories (provided you don't fry them or roast them in lots of oil). To get the most benefit out of your 5 A DAY, your five portions should include a variety of fruit and vegetables.