



Have 5 A DAY ideas



Play [Fruit and vegetable bingo](#). This game is a fun way for younger pupils to learn the names of different vegetables and fruit.



Task pupils to fill in the [My 5 A DAY tally chart](#) every day during the Week. Each time they have a vegetable or fruit, they can record it. Check the pupils' records to see who is achieving their 5 A DAY!

Matching game

Print two copies of the [Vegetable cards](#) and two copies of the [Fruit cards](#):



1. Select eight pairs of cards and arrange them in a grid, randomly, face up.
2. Allow the pupils 30 seconds to look at the cards.
3. Flip the cards over so they are face down.
4. Ask pupils to turn over two cards that they think are identical.
5. If they are correct, they can leave both cards face up. If they are incorrect, they must flip the cards over and the next player can take a turn.
6. Continue until all the cards are flipped.

Print the [Vegetable cards](#) and [Fruit cards](#). Ask pupils to take turns to pick a card and make sure the other pupils cannot see what it is. Other pupils can then ask up to 15 questions with yes or no answers, to try and guess the vegetable or fruit.



Hold a themed vegetable or fruit tasting session, (e.g. seasonal vegetables, tropical fruit, types of berries).