



Charge through your day

with 2 fruit & 5 vegetables

FRUIT AND VEGETABLES WITH EVERY SNACK

TIP SHEET

Many studies have shown children do not eat enough fruit and vegetables and miss out on valuable sources of vitamins, minerals and fibre. Snack time is a good time to serve fruit and vegetables. Make them fast, fun and filling. Try some of suggestions below:

- make a delicious creamy topping by blending ricotta cheese, yogurt and unsweetened tinned apricots or pears with a little vanilla essence (chill, optional); add to fresh fruit or bread
- wrap pieces of peeled banana, pear, rockmelon, grapes or orange in cling film and freeze; these are a real treat in summer
- try slices of fruit loaf, plain or toasted, topped with a spread of ricotta cheese or creamy topping
- blend fruit with milk and ice until smooth to make fruit smoothies; banana or strawberry smoothies are especially popular with children
- try wholemeal roll-ups, eg. peanut butter and shredded carrots rolled in slices of wholemeal bread
- build celery boats – a stick of celery filled with peanut butter, cottage cheese, curried egg or tuna; use a celery leaf or cheese slice as a sail
- serve vegie sticks with a low-fat dip, eg. celery, carrot, zucchini, capsicum, cucumber, cauliflower, broccoli florets and tomato wedges
- try wholegrain crispbreads or crackers topped with a spread of cottage cheese and sliced banana or apple
- try topping scones with ricotta cheese and fresh fruit such as strawberries, kiwi fruit, mashed banana, or apricot puree (simmer and blend dried apricots) sprinkled with cinnamon or mixed spice
- make muffin mini-pizzas by toasting wholegrain muffin halves topped with cheese, tomato, chopped capsicum and pineapple; grill until bubbly
- make a fruity face; halve apples or pears and remove the core; top with a spread of ricotta cheese, sultana eyes, a walnut or almond nose and dried apricot mouth; cut apricot in half to form lips.



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