

Our school is participating in Fruit & Veg Month 2020. This year's theme is 'Planet Fruit & Veg', because eating more fruit and veg is good for us and the planet. This information is about how to 'up the fruit and veg' at your place - for yourselves and the planet.

# HOW MUCH FRUIT AND VEGETABLES DOES YOUR FAMILY NEED?






We all know fruit and veg are good for you and your family.

## BUT HOW MUCH DOES YOUR BODY NEED?

Use this handy guide to find out.




RECOMMENDED NUMBER OF SERVES PER DAY

				
<b>1 SERVE</b>	<b>1½ SERVES</b>	<b>2 SERVES</b>	<b>2 SERVES</b>	<b>2 SERVES</b>
Very young children (2-3 years)	Young children (4-8 years)	Older children (9-11 years)	Teenagers (12-18 years)	Adults (19+)


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1 SERVE OF FRUIT =




**1**  
medium fruit

=



**2**  
small fruit






=



**1 CUP**  
diced or canned fruit  
unsweetened

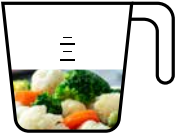
FRUIT

RECOMMENDED NUMBER OF SERVES PER DAY

				
<b>2½ SERVES</b>	<b>4½ SERVES</b>	<b>5 SERVES</b>	<b>5 - 5½ SERVES</b>	<b>5 - 6 SERVES</b>
Very young children (2-3 years)	Young children (4-8 years)	Older children (9-11 years)	Teenagers (12-18 years)	Adults (19+)


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1 SERVE OF VEGETABLES =




**½ CUP**  
cooked vegetables

=




**1 CUP**  
salad vegetables

=




**½ CUP**  
canned vegetables

=



**1**  
medium tomato

=



**½**  
medium potato

VEGETABLES