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**Health
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Healthy eating made easy!

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March 2005

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stress-free
guide to **picky eaters!**

Healthy can be
tasty!
5 easy to follow
mouthwatering recipes

**Time for
Lunch?**

**REAL-LIFE
EXCLUSIVE:**
*Celebrities' fruity
secrets exposed!*



Find out more about
The Snack Pack!

Welcome to fresh

This magazine has been produced to promote the Snack Pack pilot scheme, which is happening in your child's school. Most of us in Northern Ireland don't eat enough fruit and vegetables – on average we manage just three portions a day. **Children especially need a healthy diet to grow properly, but a recent survey found that one in six children here don't eat any fruit or veg at all on a typical day. Only one in ten primary school age children were eating enough.**

To help parents improve their children's eating habits, the Department of Health, Social Services and Public Safety (DHSSPS) has funded a pilot scheme called the Snack Pack, operated locally in the Health Action Zones, to provide children in selected classes with a free piece of fruit every school day. The aim of the scheme is to encourage children to enjoy fruit every day and to increase the overall amount they eat. So it's really important that you continue to give your child fruit and veg at home and in their packed lunch as well as encouraging them to eat the fruit provided at school.

Eating a varied and healthy diet now will help your children develop good eating habits that will keep them healthy for years to come. Read on for inspiration and ideas on how to get more fruit and veg into your child's diet – and your own!



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Health
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Agency



Investing
for Health

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How much?



To stay healthy, we all need to eat plenty of fruit and vegetables. Fruit and veg are rich in vitamins, minerals, fibre and other substances that help protect us against conditions like heart disease and cancer.

Experts have found that eating at least 400g (1lb) of fruit and veg each day helps protect us against these conditions. **An average portion of fruit or vegetables weighs about 80g, so this means we need to eat five or more portions of fruit and veg a day.**

This might sound like a huge amount, but it's really not that hard over the course of a day. For example, your child could have:

❖ mashed banana on toast for breakfast (or chopped apple or pear with cereal)

❖ their piece of fresh fruit at break time in school

❖ sweetcorn and sliced tomato in their sandwich with cucumber and carrot sticks on the side for lunch and pure fruit juice to drink (or vegetable soup in the winter when it's cold), and

❖ casserole with tomatoes and mushrooms, or stew with onions and carrots in it for tea

And that's all their portions fitted in, no problem!

What is a portion?

A portion could be:

- a slice of a large fruit, like melon or pineapple
- a piece of medium fruit, like an apple, banana or peach
- 2 small fruits, like kiwis, plums or mandarins
- a cup of very small fruit, like grapes, strawberries or cherries
- 2-3 heaped tablespoons of vegetables
- a dessert bowl full of salad
- a glass of pure fruit juice (juice can only be counted as 1 portion of your 5 each day, no matter how much you drink)



Do potatoes count?

Unfortunately, no. Potatoes are a starchy food – it's still good to eat them, because they're full of nutrients, but they don't count towards your five portions a day. **Lots of other things do though.**

As well as fresh fruit and veg, you can count:

- tinned fruit like pineapple, pears, peaches or fruit cocktail (in natural juice not syrup)
- tinned veg like sweetcorn, kidney beans or tomatoes
- frozen fruit or veg of any sort
- dried fruit – raisins, sultanas, dried apricots, dates
- dried veg – sundried tomatoes or dried mushrooms

Don't forget you can also count onions, mushrooms and tinned tomatoes in stews and casseroles and on pizza. Things like tomato ketchup, jam or fruit flavoured yogurt don't count because there isn't enough fruit or vegetable in them.



stress-free guide to picky eaters!

Lots of kids go through a fussy eating phase – it's very common but can be frustrating for parents. Try to stay relaxed about food – getting angry or upset, or trying to force a child to eat something they don't want can lead to more serious problems with eating later on. Here are a few ideas that might help in dealing with a child who refuses to eat healthy food.

Follow my leader

First and perhaps most importantly, what are your own eating habits like? Do you like fruit and veg, and eat them regularly? Do you snack on biscuits or crisps between meals? Children learn by copying their parents, so if you leave your veg on the side of the plate, or always pick the mushrooms off your pizza, they'll think that must mean it's ok not to eat them.

It's really important that your kids see you eating healthy food (and enjoying it!) if they're going to learn to eat healthily themselves. Older brothers and sisters can also have a big influence – encourage them to cooperate by explaining why it's important to eat fruit and veg, and limit sweets and crisps.

Testing the limits

Sometimes fights about food are really about testing your boundaries – children learn very quickly how to push their parents' buttons! For example, they refuse to eat the healthy meal you've made for them, so you worry that they need to eat something and you try to tempt them by offering less healthy, more attractive alternatives. Once they know that refusing to eat their greens gets them the less

In my case...

Valerie and her husband Richard were never that keen on vegetables, but it wasn't until daughter Deborah started refusing them too that they realised they had to do something about it. *"I wanted to make sure Deborah ate healthily because she was poorly as a baby, but she wouldn't eat vegetables and only the occasional bit of fruit. My mum pointed out that Deborah hardly ever saw us eating fruit and veg – even when there was veg on the plate we'd often leave most of it - so she was picking up our bad habits. Since then, we've made a real effort to eat more – I try to mix vegetables in with other things so we hardly notice we're eating them – and Deborah is gradually coming round to the idea."*



In my case...

Naomi, whose daughter Aoife is seven, has adopted this 'take it or leave it' approach. *"Mealtimes used to be such a battle. It used to be she'd start arguing as soon as I started cooking the tea, saying she didn't like what I was going to make and begging for something different (usually chips!). I did give in to her for a while, but it just encouraged the older one to start complaining as well and made the whole problem worse. So now I just cook one meal for everyone and if she doesn't eat it, she doesn't get anything else. It felt a bit mean at first, letting her go hungry, but after a few meals she realised I wasn't going to change my mind and now she's much better at eating what's put in front of her."*

healthy foods they prefer, they'll use the tactic more and more often.

If your child refuses to eat something, don't make a big fuss about it or try to force them to eat it, but don't offer them anything else - they won't starve if they miss the odd meal. If you're really worried about them going hungry, make sure you only offer healthy alternatives, like fruit, rather than crisps, biscuits or sugary treats.

Get a routine

Having a regular routine can help make mealtimes less of a battleground. Eating together at the table, rather than in front of the TV, can be helpful - some children can be so distracted by watching television (or by toys or their brothers and sisters playing) that they can't be bothered to eat. Plus food advertising aimed at children tends to promote the fatty and sugary stuff you don't want them to eat, rather than the healthy things you do.

Snack attack

Another common reason why children won't eat their main meals is that they've filled themselves up beforehand on biscuits and crisps, or by drinking a lot of milk or juice. Keep an eye on what your children are eating when they get home from school, and if they regularly won't eat their tea, try cutting down on the snacks they eat between meals.

Sweet treat

If your kids have a sweet tooth, try to satisfy it with fruit rather than sweets or biscuits. It's best to try to limit sweet things to mealtimes to protect your children's teeth. Go for desserts based on fruit - fruit salad made with any sort of fruit and a little natural juice, pear crumble, or apple pie.

Small is beautiful

Some children are put off by a big portion of food - try giving them a small portion to start off with, then offer them second helpings if they finish it. In the same way, a whole piece of fruit with skin and pips can sometimes seem too much for a small child to cope with - offer them slices of

fruit (or vegetables) to eat as a snack while watching TV or playing.

Hide and seek

Some children will happily eat fruit but refuse vegetables (especially green ones!). Eating fruit is a good start, but getting a wide variety of fruit and veg is also important, as they all contain different vitamins, minerals and other nutrients that are good for us. So here are a few suggestions for getting more veg into your kids without them even noticing!

❖ squeeze extra veg in their main dishes - add peas or grated carrots to shepherd's pie or fish pie, canned tomatoes, beans or lentils to a casserole, and pile sliced peppers and mushrooms on pizza, or chop them finely and add to lasagne or bolognese sauce

❖ mash turnip, carrots, parsnips or cauliflower into mashed potatoes and have it with meat, or use it as a pie topping, maybe sprinkled with a little cheese

❖ add extra cooked veg to tinned soup, or make your own - just simmer a selection of vegetables in some stock and liquidise or push through a sieve

❖ even if they won't eat cooked vegetables, they might happily munch raw ones - try them with carrot or cucumber sticks or even chunks of raw cauliflower or broccoli either while you're cooking dinner or arranged on their plate.

Make it a challenge

Another approach you can use is to set up a reward chart. For example, you could offer your child a treat if they manage to eat all their veg every day for a week. Stick stars on a chart on the wall to track their progress. It's best if the treats are non-food related, like a trip to the swimming pool or cinema - bribing them to eat something healthy with the promise of sweets later risks setting up bad eating patterns in later life.

Most children will grow out of the picky eating phase eventually, and although you may worry, they really won't starve in the meantime. If you're really worried about your child's eating habits, for example if they are losing weight, talk to your GP or health visitor, or ask to see a Registered Dietitian.





1

Snack Pack

Fresh fruit in schools!



2

The Snack Pack pilot scheme, funded by the DHSSPS, provides children in selected primary school classes with a free piece of fruit every day.

Each school chooses a supplier for their fruit and the supplier delivers the fruit to the scheme coordinator weekly. The scheme coordinator or school meals staff store the fruit safely and it is delivered to the classroom every day, where the children wash it. School meals staff or classroom assistants help with washing or chopping fruit if needed. The children all wash their hands before choosing and eating their fruit.

1. Holy Family PS, Belfast

2. Lowwood PS, Belfast



- 3. Earview PS, Newtownabbey
- 4. Earview PS, Newtownabbey
- 5. Clogher Regional PS, Clogher
- 6. Holy Child PS, Creggan
- 7. St Francis of Assisi PS, Keady
- 8. Holy Child PS, Creggan





9



10



11



12



13

- 9. Oakfield PS, Carrickfergus
- 10. St Olcan's PS, Armo y
- 11. Ashlea PS, Tullyally
- 12. Clogher Regional PS, Clogher
- 13. Lowwood PS, Belfast

Lunch time!



Healthy school meal options

Many parents like their children to have a hot meal in the school dining room at lunch time.

Lots of schools send home copies of the menu to parents so that they know what food is being served and to give parents a chance to help their children – especially young ones – choose what to have.

Try to encourage your child to choose the healthier options. For example, choose main courses that aren't fried or covered in pastry; potatoes instead of chips; include some vegetables; and suggest they try fruit-based desserts instead of chocolate puddings or traybakes.

Right now in Northern Ireland, over 100 school dining rooms are taking part in a special programme to encourage healthier school meals. Find out if your child's school is involved and if your child hasn't been taking school meals, why not let them try it?



Lunch box inspiration

Try out these healthy lunch ideas!

Don't just stick to white bread – sandwiches will be more interesting if you use different types of bread – crusty rolls, baguettes, tortilla wraps, granary bread, soft rolls, potato, soda or wheaten bread. Try these tasty sandwich fillings:

- ❖❖❖ grated cheese and pineapple
- ❖❖❖ ham with sliced cucumber and tomato
- ❖❖❖ tuna and mayonnaise with finely chopped red pepper and sweetcorn
- ❖❖❖ savoury cheese (grated cheese mixed with onion and mayonnaise)
- ❖❖❖ chicken salad with mayonnaise
- ❖❖❖ chicken tikka and salad using plain yogurt as dressing
- ❖❖❖ egg and spring onion with lettuce

For extra fruit portions, give your child pure fruit juice to drink, and a handful of sultanas or small pot of fruit in natural juice for afters.

Lunch doesn't have to be sandwiches, finger foods may be a good alternative. You could try:

- ❖❖❖ a slice of cold pizza with four cherry tomatoes, and a yogurt
- ❖❖❖ mini pitta breads filled with grated cheese, chicken, ham or tuna and mayonnaise, and sticks of carrot or sweet pepper with a mild salsa, yogurt and mint or cream cheese dip
- ❖❖❖ crackers with cheese or mackerel pâté, with a chicken leg and some grapes
- ❖❖❖ mini kebabs – stick cubes of cheese, pineapple, chicken or ham, cherry tomatoes and sugar snap peas on cocktail sticks (cut the sharp end off cocktail stick)
- ❖❖❖ mini fruit kebabs - try peach slices, kiwi, orange, pear, pineapple, grapes, melon (use fruits that don't go brown)
- ❖❖❖ cold pasta/couscous salads with crunchy vegetables and a tomato based sauce
- ❖❖❖ cheese scones

Making sense of food labels



You can get a lot of useful information from the nutritional labels on packaged foods. The table below gives you an idea of how much is "a lot" or "a little" of the most important nutrients for making healthy choices. These figures can be used to decide whether a snack food is a healthy option or not. Try to choose snacks that contain only a little sugar, fat and sodium (salt).

Nutrient (per 100g)	A lot (These amounts or more)	A little (These amounts or less)
Sugars	10g	2g
Fat	20g	3g
*Sodium (salt)	0.5g (1.25g salt)	0.1g (0.25g salt)

* The salt in food is often listed as sodium – 1g of sodium is roughly the same as 2.5g of salt. Recent government advice recommends that children aged 4-6 years get no more than 3g of salt a day (1.2g of sodium) and those aged 7-10 years no more than 5g of salt a day (2g sodium).

Healthy can be tasty

5 easy to follow **mouthwatering** recipes



Fruit smoothie

You'll need a food processor, smoothie maker or liquidiser to make these.

Ingredients

- 1/2 pint/300ml chilled semi-skimmed milk*
- 1 banana*
- 1 scoop vanilla ice-cream*

Method

1. Place banana, milk, ice-cream in food processor and blend together until smooth.
2. Pour into a tall glass.
3. Serve immediately.

You can add any sort of fruit you like to this basic mix - **why not let your kids think up their own flavours, using their favourite fruits?** Try mango and pineapple, or any combination of berries.

Chicken curry

Serves: 4

Ingredients

- 1 onion*
- 1 clove garlic (or 1 teaspoon garlic granules)*
- 1 red pepper*
- 8 mushrooms*
- 1 green apple*
- 4 chicken fillets*
- 1 tablespoon unsaturated oil, eg rapeseed, sunflower or corn oil*
- 2 tablespoons (1oz or 25g) flour*
- 4 teaspoons curry powder*
- 1 chicken stock cube dissolved in 2 cups (3/4 pint or 450ml) boiling water*
- a handful of sultanas*
- 1 x 220g can of pineapple chunks in natural juice, drained*
- 1-2 cups (9-12oz or 250-350g) uncooked brown or white rice*

Method

1. Peel and chop the onion, peel and crush the garlic, wash, deseed and slice the red pepper, wash and slice the mushrooms, wash, core and dice the apple and cut the chicken into pieces.
2. Heat the oil gently in a large saucepan. Fry the onion and garlic for about 5 minutes, until softened.
3. Add the chicken and fry for about 5 minutes each side until brown. Add the red pepper and mushrooms and cook until softened.
4. Stir in the flour and curry powder and cook for 1 minute. Gradually add stock and bring to the boil, stirring continuously. Add sultanas, cover and simmer for approximately 30 minutes, until chicken is tender.
5. Meanwhile boil the rice following the instructions on the packet (12-30 minutes). Drain and rinse with boiling water.
6. Add apple and pineapple to the curry. Heat through for about 5 minutes.



Serve with boiled rice.



Serve with some green salad.

Pizza

Serves: 2

Ingredients

Base:

3oz (75g) self-raising flour
a pinch of salt
3oz (75g) wholemeal flour
2oz (50g) olive oil based spread
2 tablespoons water
a little oil to grease baking tray

Topping:

1 dessertspoon tomato purée
2 fresh tomatoes

2oz (50g) grated cheddar cheese
a selection of vegetables, eg onion, peppers, sweetcorn, mushrooms

1 teaspoon of mixed herbs

Method

1. Add the salt and olive oil based spread to the flour and rub in.
2. Add the water and mix until the mixture makes a firm dough (use extra water if necessary).
3. Wash and slice the mushrooms and tomatoes, wash, deseed and slice the peppers, peel and slice the onion.

4. Cook all the vegetables except the tomatoes in a saucepan with a tablespoon of boiling water for 5 minutes, then drain.

5. Grease the baking tray with oil. Shape the dough into a large circle and place on the tray.

6. Spread tomato purée over the dough. Sprinkle half the cheese over the purée, then add the sliced tomatoes, other vegetables and the mixed herbs. Top with the remainder of the cheese.

7. Bake in the oven at gas mark 5/190°C/375°F for 15-20 minutes.

Gammon and leek pasta

Serves: 4

Ingredients

2 large gammon steaks
1 leek
1 clove garlic (or 1 teaspoon garlic granules)
10 button mushrooms
1 1/4 cups (1/2 pint or 300ml) semi-skimmed milk
1 tablespoon unsaturated oil, eg rapeseed, sunflower or corn oil
1/2 teaspoon black pepper
2 teaspoons cornflour
12oz (350g) tagliatelle

Method

1. Cut the gammon into strips, wash and slice the leek and mushrooms, peel and crush the garlic.
2. Heat the oil gently in a large saucepan.

Fry the leeks and garlic for approximately 2-3 minutes, until softened.

3. Add the gammon strips and fry for approximately 5-10 minutes.

4. Approximately 10-12 minutes before the end of the cooking time, add the tagliatelle to a saucepan of boiling, salted water and cook uncovered for the time stated on the packet. Drain and rinse with boiling water.

5. Add the sliced mushrooms and black pepper to the gammon mixture and continue to cook for approximately 5 minutes until all the ingredients are softened. Add a little water if necessary to prevent sticking.

6. Meanwhile blend the cornflour in a cup with a little milk until smooth.

7. Add the milk to the saucepan with the gammon mixture and bring gently to the boil. Slowly add the cornflour paste to the mixture, stirring all the time with a wooden spoon. Cook for approximately 2 minutes.

Serve the gammon and leek mixture on top of the tagliatelle. Cheesy garlic bread could be served as an accompaniment.



Vegetable broth

Serves: 4

Ingredients

A selection of soup vegetables eg 2 leeks (or 1 large onion), 2 sticks of celery, 1 small turnip, 3 carrots, 4 medium potatoes, few sprigs of parsley
6 1/4 cups (2 1/2 pints or 1 1/2 l) boiling water

2 stock cubes, eg chicken, vegetable, beef

1 cup dried soup mixture

Method

1. Prepare all vegetables. Wash and chop the leeks and celery, peel and chop the onion (if using), carrots, turnip and potatoes.
2. Put boiling water into the saucepan, add stock cubes and stir to dissolve.

3. Add soup mixture and all vegetables except parsley.

4. Cover, bring to the boil, then reduce heat and simmer for 20 minutes until vegetables and soup mixture are tender.

5. Add chopped parsley and serve with bread.

Options

For a smoother soup, press through a sieve or liquidise

using a food processor or a liquidiser. This is a good way of encouraging children to eat vegetables.

For a really quick vegetable soup, defrost a packet of frozen mixed vegetables (eg carrots, broccoli and cauliflower) and add to boiling water with a grated potato and a stock cube. Bring to the boil and simmer until cooked.



Here to help

Dietitian Angela McComb has a special interest in children's diets and works for the Health Promotion Agency for Northern Ireland. Unfortunately Angela is unable to reply to individual queries.

Q I know my child needs vitamins and minerals, but it's a struggle to get her to eat fruit and veg. Why can't I just give her a supplement instead?

A A supplement will provide vitamins and minerals, but there's a lot more to fruit and veg than that. We also need the fibre in them for a healthy digestive system and to protect against some types of cancer and heart disease. Fruit and veg also contain a host of other natural substances that aren't added to supplements, which will help to keep your child healthy now and in the future. Just taking a supplement can't replace the protective effects of eating five portions a day, so it's worth persevering to try to get your child to eat them. It usually takes several attempts to get children to accept new foods, so don't despair (see p4 for article on picky eaters).

All children and adults should be aiming to eat five or more portions of fruit and veg a day, but since small children can't eat as much food as older ones, a portion for the under fives is equal to half a normal portion, eg half an apple or banana, one kiwi or mandarin, or one heaped tablespoon of cooked vegetables.



Q I am a working mum with four children. Recently I find that I am using more convenience foods than I did before – should I be concerned?

A Everyone seems to be very busy these days, so you are not alone in this dilemma! The first thing to remember is that not all convenience foods are bad.

Tinned vegetables are useful, for example tinned beans of all kinds, tinned tomatoes etc. Where there is a choice, try to buy those without added sugar or salt.

Ready-prepared fresh vegetables (eg carrots, turnip etc) are very handy. However as soon as vegetables are cut, they begin to lose vitamins such as vitamin C so they are not such a good option in nutritional terms. A better option,

which is just as convenient, is frozen vegetables. Vegetables are picked when they are fresh and then frozen immediately, so there is hardly any loss of vitamins and they are really just as good as fresh.

Some packets and jars of sauces (eg bolognese or curry) can be useful to prepare quick meals, but try to choose those which are lower in sodium (salt) and fat as some can be very high in both of these nutrients.

Convenience meat or fish products, such as sausages, burgers, chicken nuggets and fish stars, are often popular with children. However these contain less protein and often less iron than meat, chicken and fish. They also contain more saturated fat and salt, which may be harmful to your heart. Buy the best you can afford and try to use them only occasionally.

Ready meals are probably the quickest of all the convenience options available; however these often contain small portions and are quite costly, so they can be an expensive way of eating not very much! Also, they often contain high amounts of salt and/or fat, so if you need to use them occasionally try to choose those with lower levels of salt and fat.





Q What kinds of drinks are best for my kids?

A Milk or water are the best drinks for young children, especially between meals. Whole milk will give them energy, calcium and vitamins A and D, while water will quench their thirst. Drinking sugary or fizzy drinks between meals can damage teeth. Pure unsweetened fruit juice will give them vitamin C but it's still high in sugar, even though it's the natural sort, so it's best drunk at mealtimes.

Look for 100% natural juice - anything that says "juice drink" rather than "pure juice" will have very little real fruit in it. Drinks like Sunny D, Ribena, and so on are usually high in sugar or artificial sweeteners, colourings and preservatives, so these are best avoided even though they may be fortified with vitamins.

Q What is a good breakfast to give a six year old?

A Eating a good breakfast is really important for children (and adults!). By breakfast time they might not have eaten for up to 15 hours, so they need something nutritious to set them up for the day and help them concentrate at school.

Many of the breakfast products marketed at children are packed with sugar and salt, so if they like cereal, try to choose one without too much of these, like Weetabix, Ready Brek, or Shredded Wheat. Or try porridge or muesli. You don't need to add sugar to any of these – try adding chopped fresh fruit or dried fruit if your child likes a sweeter taste.

Wholemeal toast is good too and children might enjoy it with mashed banana or peanut butter instead of jam.

Q My nine year old seems to be putting on weight very quickly. Her dad and I are both overweight and I don't want her to struggle with her weight the way we do. Is there anything I can do right now?

A Research shows that more of our children are overweight now than even 10 years ago. This is likely to affect their health later in life, as it increases the risk of conditions like heart disease, some cancers and diabetes, so you are right to want to do something about it.

The first and most important thing is that 'diets' to lose weight are not recommended for children. Weight loss advice for children is very complex, and the aim is usually to make some changes to the normal eating pattern so that no further weight is gained. This means as your child grows taller she will then 'grow into' her weight. If you are concerned that your child is overweight, you can ask your GP to refer her to see a Registered Dietitian who will provide detailed advice.

There are, however, some simple changes that you can make, which will benefit the whole family:

- make sure that your daughter is eating three main meals each day including breakfast;

- reduce or cut out the fatty or sugary foods and drinks, particularly between meals, for example crisps, chocolate bars and sugary drinks. Instead, offer fruit or bread-based snacks like bread sticks, pancakes, toast, scones, water and milk between meals.
- encourage your daughter to be more active, for example could she walk to school? Being more active as a family can be really enjoyable and can help to build strong relationships for the future.





Celebrities' fruity secrets exposed!

Angie Phillips

Angie is a weather forecaster for BBC Newsline.

How many children do you have and how old are they? Three children, aged 9, 5 and 4 years.

What do they do to keep active? Varying degrees of activity! The two older ones DO like their videos, but

especially during better weather they like to be outdoors....the older enjoying football and hurley, the younger ones their bikes and running around which I would prefer they did instead of sitting in front of a TV all day! We also aim to take them swimming once a week.

Do they like fruit and veg? They're quite good about most vegetables – they'll eat peas, broccoli, cauliflower, cucumber, sweetcorn, beans. They'll also eat most

fruit - apples, oranges, strawberries, grapes, plums – but aren't so keen on bananas (except the youngest).

What makes a good family day out? Going to a park for a picnic on good days, or even staying in the garden letting them jump about in the paddling pool and lighting the BBQ! (lots of salad included!) On bad days a few hours at the swimming pool stops them getting bored.

Tina Campbell

Tina is a presenter for UTV.

How many children do you have and how old are they? Two – Charlotte's 4 and Sophie's 2.

What kinds of foods do they like? To be honest they like just about

everything from sausages to fish, fruit and vegetables – their favourite is corn on the cob.



What's their favourite tea-time meal? Fish, mashed potatoes and beans or sweetcorn.

Do they like fruit? They both love it – bananas, melon and pineapple would be Sophie's favourite, while Charlotte prefers strawberries, mango and melon. But they really would try any type of fruit – it's something both my husband and I strongly encourage.

What makes a good family day out for you? Over the summer we really enjoyed packing a good healthy picnic and heading to the likes of Mount Stewart. It's good to get some fresh air!

Peter Canavan

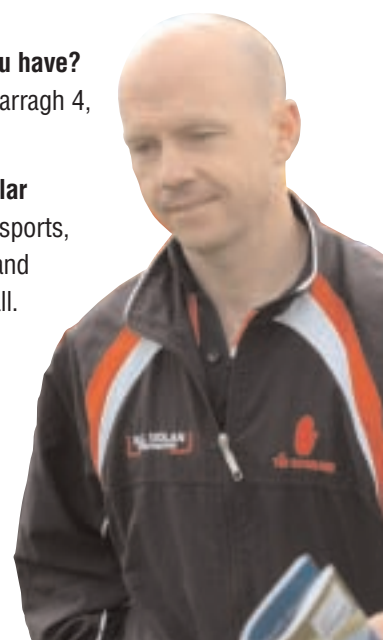
Peter is the captain of the All Ireland Gaelic Champions – Tyrone.

How many children do you have? Four – Àine 11, Claire 7, Darragh 4, and Ruairi 1.

Do they enjoy any particular activities? Àine enjoys all sports, Claire likes Irish dancing, and Darragh likes gaelic football.

What sort of fruit do they like? Apples and grapes.

For you, what makes a really good family day out? Contented children, contented wife!



David Humphreys

David plays international rugby for Ireland.

How many children do you have? Three – Katie 4, James 3 and Lucy 4 months.

Does your family do any particular activities to keep healthy? Katie loves ballet, gymnastics and painting while James likes gymnastics and playing with a ball.

What makes a good family day out for you? A fun day out for all would be a family picnic and then a long walk at Portstewart Strand – great for tiring everyone out!

What kinds of foods do they like? Katie and James like pasta, cheese, yogurt, pancakes and of course sweetsies!

Do they like fruit? Yes they do – Katie prefers melon and strawberries and James really likes banana and grapes.



Win £100

Test your knowledge of fruit and veg facts and you could win one of our cash prizes. There's £100 cash up for grabs for the overall winner, plus four runner up prizes of £25 – one for each Health Action Zone area. Answer the questions, then send your answers to us by **15 April 2005** for your chance to win.

Send to: **Lesley Blackstock, Health Promotion Agency for Northern Ireland, 18 Ormeau Avenue, Belfast BT2 8HS.**

Q What do fruit and vegetables provide that supplements don't?

Q How many portions of fruit and veg do experts recommend we eat every day?

Q What is the name of the pilot scheme running in your child's school?

Q What nutrients does milk provide?

Name:

Address:

Name of child's school:



Just for Fun Wordsearch

Put your feet up and relax - try to find these fruits and vegetables in the wordsearch below!

apple
apricot
aubergine
avocado
banana
broccoli
cabbage
carrot
cauliflower
celery
cherries
cucumber
gooseberry
grapes
guava
kiwi
leek
lettuce
mango
melon
mushroom
nectarine
parsnip
peach
pear
peas
pineapple
rhubarb
runner bean
strawberry
sweetcorn
tomato

a	p	m	n	b	v	c	b	z	s	a	p	p	l	e	d	f	r	h	j
m	a	q	a	v	o	c	a	d	o	w	e	c	t	y	i	o	u	p	e
y	r	e	l	e	c	a	n	j	h	f	d	h	w	s	t	y	n	d	c
a	s	p	e	r	i	c	a	a	s	w	e	e	t	c	o	r	n	a	u
a	n	i	w	i	k	u	n	g	f	h	e	r	a	t	o	r	e	a	t
g	i	f	s	z	h	c	a	e	p	s	a	r	b	n	p	i	r	a	t
e	p	d	u	l	a	u	l	n	d	w	a	i	r	e	s	n	b	i	e
q	u	b	e	r	d	m	l	n	b	c	r	e	w	n	o	l	e	m	l
u	g	r	r	e	a	b	w	e	c	y	u	s	e	i	f	e	a	a	r
n	b	o	v	o	c	e	r	a	l	d	e	r	t	r	u	v	n	n	a
g	t	i	b	i	c	r	i	s	e	p	r	y	e	a	v	a	u	g	t
r	o	m	j	h	y	c	g	f	d	s	p	o	i	t	u	y	r	o	e
a	r	o	l	e	e	k	o	t	y	l	e	a	r	c	t	k	l	e	d
p	w	o	s	e	h	i	l	l	g	k	a	i	e	e	g	b	d	g	s
e	w	r	e	e	p	d	l	o	i	e	r	i	n	n	a	t	i	a	e
s	d	h	a	u	b	e	r	g	i	n	e	w	i	m	i	n	e	b	a
f	e	s	t	e	a	e	t	o	c	i	r	p	a	a	j	p	i	b	d
m	e	u	a	p	p	l	r	p	e	r	h	u	b	a	r	b	c	a	l
t	o	m	a	t	o	b	a	r	e	w	o	l	f	i	l	u	a	c	f
g	o	u	s	e	c	u	c	p	y	n	e	a	p	p	m	a	l	o	n