



Active Kids – At Home

Week 4: Fruit and vegies

What are the differences between Fruits and Vegetables?

Botanically, fruits contain seeds and come from the flower of a plant, while the rest of the plant is considered a vegetable. In cooking, fruits are considered to be sweet while vegetables are savorier.

There are many fruits that are often referred to as vegetables, including tomatoes. Some other common examples of fruits that are mistaken for vegetables include:

- Winter squash
- Avocados
- Cucumbers
- Peppers
- Eggplants
- Olives
- Pumpkins
- Zucchini

Benefits of fruit and vegetables

As highlighted by the [Better Health Victoria website](#) fruits and vegetables contain many healthy vitamins and minerals that everyone needs each day, especially children. They are a great source of dietary fibre and when eaten with an active lifestyle help people maintain a healthy weight and can lower the risk of some diseases including diabetes, cardiovascular disease and high blood pressure.

All Australians are encouraged to eat two serves of fruit and five serves of vegetables each day, but many people, both adults and children do not achieve this. It is important for children that don't like fruits or vegetables, they are encouraged and supported to eat as much variety as possible.

Children can be supported to eat the required serves of fruit and vegetables each day by:

- Involving them in food preparation and planning (e.g. Dinner and their lunchboxes)
- Eat with the seasons – this ensures that fruit and vegetables are at their freshest and often cheaper to purchase.

- Eat a variety of coloured fruits and vegetables – green, white, yellow/orange, blue, purple and red – this keeps things interesting and exposes children to different flavours and textures.
- Sometimes vegetables are better raw than cooked – this is often easier to prepare as well.
- Include fruit and vegetables wherever possible – try to have a couple serves in children’s lunchboxes every day and keep some ‘snack-sized’ options easily accessible at home or after sports and physical activity.

Variety is important. Try to choose different coloured fruit and vegetables, particularly orange, green and red. Some examples are melon, stone fruit, broccoli, spinach, leafy greens, tomatoes, carrot and pumpkin. Sometimes vegetables and fruit can seem expensive. To keep down the cost, choose those in season and use frozen or tinned varieties as well.

Remember fruit juices, potato chips and fruit bars/straps are not the best way to eat daily fruit and vegetables as these products can be high in added sugar and salt.

For more information check out this great article from Better Health Victoria - <https://www.betterhealth.vic.gov.au/health/HealthyLiving/childrens-diet-fruit-and-vegetables?viewAsPdf=true>

Week 4: Fruit and Vegies Home Activity

This week choose a different fruit and vegetable to add to your lunch box and take to school each day.

Fruit is the sweet, fleshy, edible part of a plant. It generally contains seeds. Fruits are usually eaten raw, although some varieties can be cooked. They come in a wide variety of colours, shapes and flavours. Common types of fruits that are readily available include:

- Apples and pears
- Citrus – oranges, grapefruits, mandarins and limes
- Stone fruit – nectarines, apricots, peaches and plums
- Tropical and exotic – bananas and mangoes
- Berries – strawberries, raspberries, blueberries, kiwifruit and passionfruit
- Melons – watermelons, rockmelons and honeydew melons
- Tomatoes and avocados.

Vegetables are available in many varieties and can be classified into biological groups or ‘families’, including:

- Leafy green – lettuce, spinach and silver beet
- Cruciferous – cabbage, cauliflower, Brussels sprouts and broccoli
- Marrow – pumpkin, cucumber and zucchini
- Root – potato, sweet potato and yam
- Edible plant stem – celery and asparagus
- Allium – onion, garlic and shallot.