



Go for 2&5[®]
FRUIT VEG

An Australian Government, State and Territory health initiative.

Help Kids get their Fruit and Veg!

You may have seen the TV ads encouraging Australians to 'Go for 2 fruit and 5 veg[®]'. Help spread this message at your school!

Ways to encourage children to prepare, taste and enjoy a variety of fruit and veg are:

- use recipes that contain fruit and veg in classroom cooking activities
- have a short scheduled mid-morning fruit and veg break
- add healthy fruit and veg ideas to your canteen or OSHC menu.

For a quick, tasty and healthy winter lunch, get creative with 'Toasties'. Rotate a variety of fillings on your menu. Try half serves for a recess snack.

Savoury Toastie



🕒 5 minutes preparation + 2-3 minutes cooking

🍴 2

- 3 small mushrooms, finely chopped
- 1/2 cup baked beans (or 130g can)
- 6 leaves English spinach or rocket, washed and chopped
- 4 slices multi-grain bread
- Olive or canola oil spray

Microwave mushrooms on HIGH (100%) for 45 seconds and strain excess moisture. In a small bowl combine mushrooms, baked beans and spinach. Lightly spray sandwich maker with oil. Place two slices of bread on the base of the sandwich maker then divide the filling over the two slices. Top with two slices of bread and toast until heated through and golden brown. Serves 2.

Variation

Replace spinach and mushrooms with other vegetables, eg: Chinese cabbage, chopped capsicum.

The recipe below could be used for a student cooking activity, a canteen special, or as part of a special event! Substitute the fruit with fruit in season.

Apple and Banana Hot Cakes

🕒 10 minutes preparation + 20 minutes cooking

🍴 4

- 2 eggs
- 2 teaspoons margarine, melted
- 2 1/2 cups low-fat milk
- 2 cups self-raising flour
- 2 tablespoons sugar
- 3 medium apples, peeled, cored and grated
- 1 teaspoon vegetable oil
- 2 ripe bananas, sliced
- 1 tablespoon honey



In a large bowl beat eggs, margarine and milk. In a separate bowl mix flour and sugar and gradually stir into a wet mixture until smooth. Fold in apple. Heat oil in a non-stick pan over medium heat. Add 2-3 tablespoons of mixture, flip when bubbles appear in centre of the hotcake and cook until golden brown. Serve with banana and drizzled honey. Makes 10.

Variation

Add 1/4 cup of sultanas to dry mixture.

Check out the 'Go for 2&5[®]' resources enclosed.

For more 'Go for 2&5[®]' recipe ideas and resources, visit the:

- 'Go for 2&5[®]' website
<http://www.gofor2and5.com.au/>
- Fruit 'n' Veg Week website (WA)
<http://www.fruitvegweek.health.wa.gov.au/>
- Department of Health (SA) website
<http://www.dh.sa.gov.au/pehs/health-promotion.htm>

