# **5 A DAY variety bingo**

It’s important to have a good variety of different fruit and vegetables so we get the range of vitamins, minerals and fibre provided by different types.

Why not try a fruit or vegetable from each box this week to complete the bingo board? Make a note what you have in the boxes.

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| **Seasonal fruit\*** | **Frozen vegetables** | **Dried fruit** |
| **Red fruit or vegetables** | **Canned fruit (in juice) or canned vegetables (in water)** | **Green leafy vegetables** |
| **A fruit or vegetable you’ve never tried before** | **Fruit or vegetable juice (150ml)** | **Seasonal vegetables\*** |

For more information about when fruit and vegetables are in season, take a look at this guide from the National Farmers’ Union (NFU) <https://bit.ly/3LhD4Hn>