

With
LOVE

BirdsEye

Dear parent or carer,

Over the coming weeks, your child will be participating in **The Veg Power Challenge** in class. This is an education initiative, created by Birds Eye, to get KS2 pupils to use science and innovation to tackle the problem of children not eating enough vegetables. **Currently, 90% of school-aged children are not getting their 5-a-day.** So, if you struggle to get your child to eat their greens, you are not alone!

We devised this programme to teach pupils about the health benefits of eating vegetables and also about freezing. Lots of people wrongly assume frozen vegetables are not as nutritious as fresh. Did you know that freezing food actually locks in the nutrients? Eating frozen also helps to reduce food waste because you can use what you need and keep the rest in the freezer for later. Frozen veg is a cost-effective, quick and easy way of ensuring your children are getting all the amazing health benefits of eating a healthy diet full of vegetables.

As part of the activities, pupils may be encouraged to experiment by tasting vegetables. If your child has any food intolerances or allergies we should know about, please ensure you let your child's teacher know by sending a note to the teacher or by adding this information to your child's completed Food Diary.

Over the next week, we'd like you to help your child keep a **Vegetable Food Diary** (enclosed) of all the different types of veg they eat. Please do not do anything out of the ordinary. This is merely to see how much they eat before the programme, and to empower them by knowing how much veg they should be eating so they can make better choices themselves. Simply fill out the table daily, showing the different vegetables, and number of portions, your child has eaten that day. One portion of vegetables for a child is the equivalent of one child's handful.

Yours truly,

Team Birds Eye

VEGETABLE FOOD DIARY

Use this diary to record the number of different vegetables your child eats each day across the week.

With LOVE

| DAY | List the different vegetables you've eaten in the day. E.g. carrots, peas, broccoli | How many portions (handfuls) did you eat? (colour in a pot for each portion) |
|-----------|---|--|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |

Does your child have any food allergies or intolerances to vegetables? Yes / No
If yes, provide information here:



VEGETABLE FOOD DIARY

Use this diary to record the number of different vegetables your child eats each day across the week.



| DAY | List the different vegetables you've eaten in the day. E.g carrots, peas, broccoli) | How many portions (handfuls) did you eat? (colour in a pea for each portion) |
|-----------|---|--|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |

Does your child have any food allergies or intolerances to vegetables? **Yes / No**

If yes, provide information here: