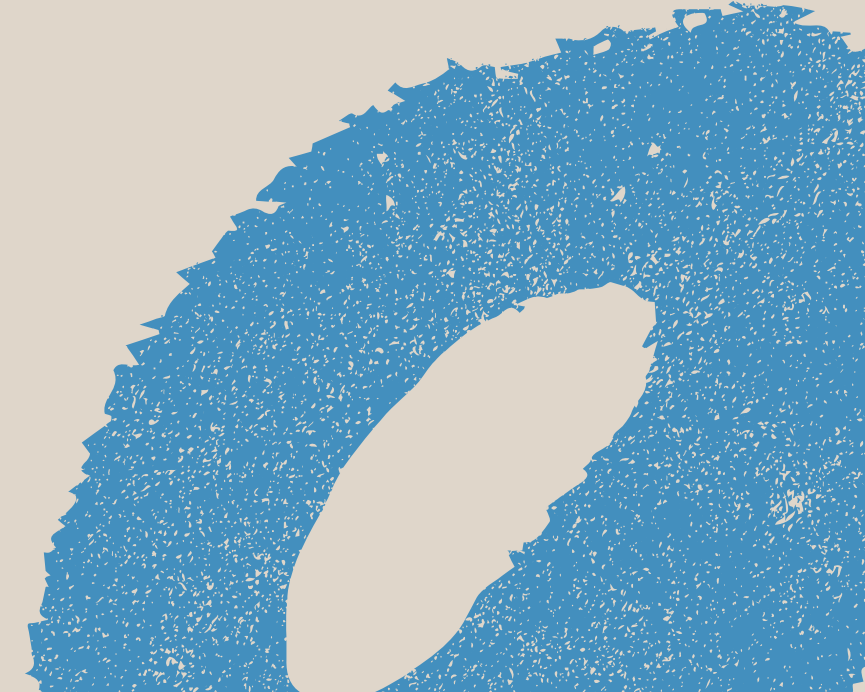
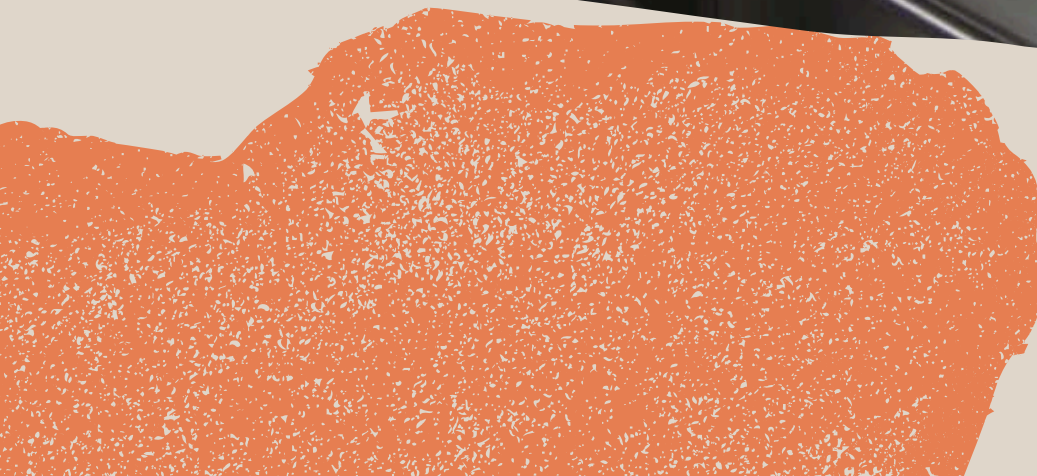




CAN YOU REMEMBER?

Let's see if we can test your memory, and see if you can remember some of the key points from the videos.

Then we will you will expand on you knowledge!





As a class, can you guess which food groups contain fibre to support your digestive system?



1
Vegetables

2
Fruit

3
Meat

4
Carbohydrates

5
Fats

6
Beans and Pulses



Well done if you said any of the answers below!



1
Vegetables

2
Fruit

~~3~~
Meat

4
Carbohydrates

~~5~~
Fats

6
Beans and Pulses





Foods high in fibre can help support your digestive system!

Fibre affects the speed of digestion, absorption of nutrients, movement of waste products (e.g. your poo) and helps feed beneficial bacteria in your intestines.



VEGETABLES



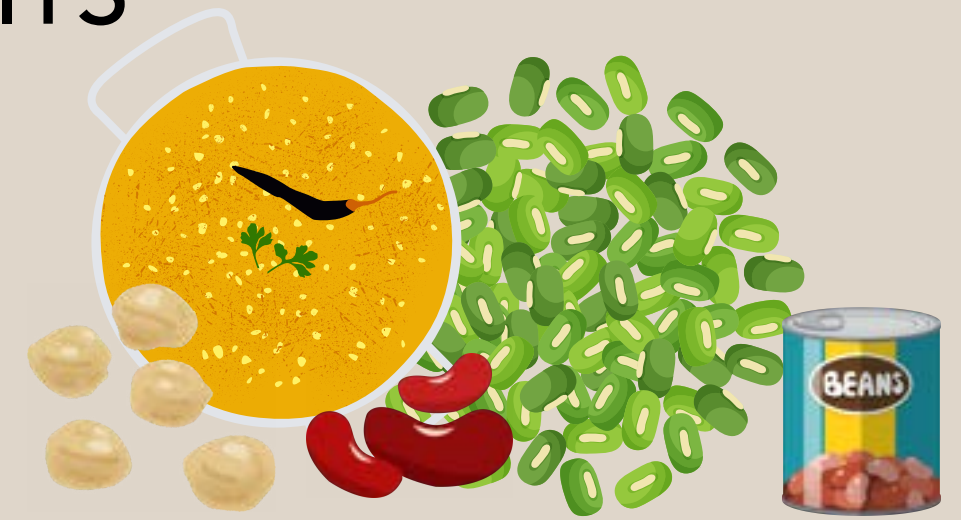
FRUITS



NUTS AND SEEDS



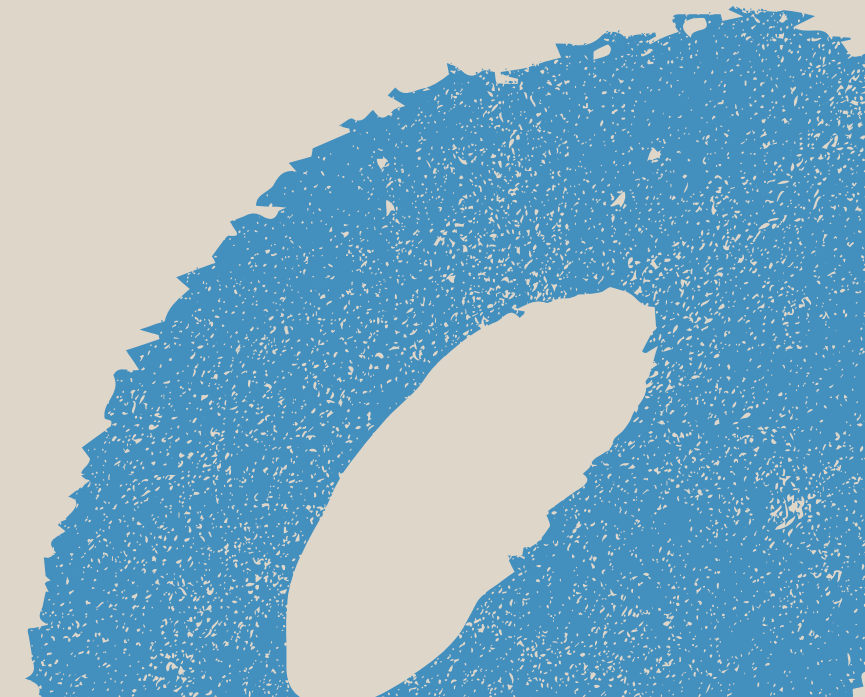
CARBOHYDRATES



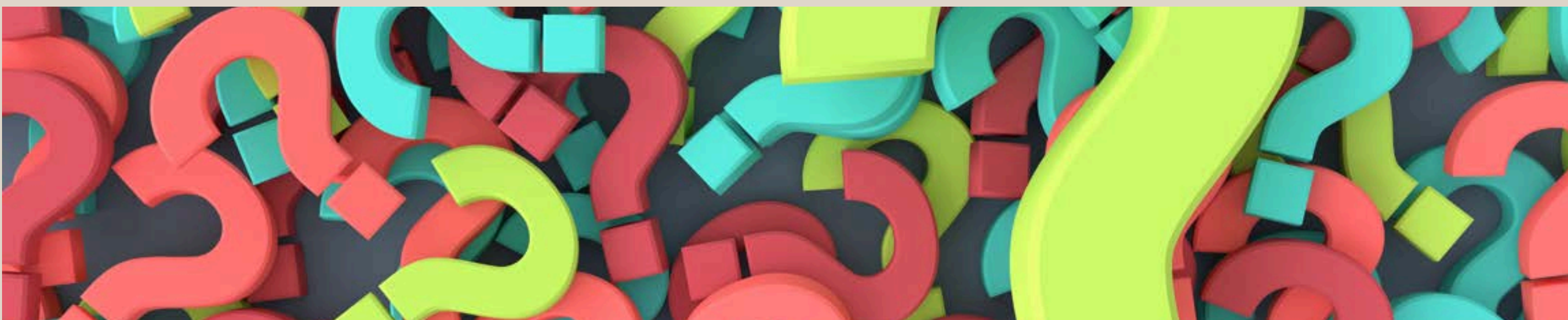
BEANS AND PULSES



**GUESS WHICH FOOD
HAS THE HIGHEST
FIBRE CONTENT...**



Which has the most fibre?



1

Freshly squeezed
orange Juice
(150ml)



2

A small orange
(100g)



3

Smoothie
(150ml)



The answer is the Orange! Well done if you got it right!

The orange has the most fibre, when it is blended or squeezed into liquids (like the orange juice or smoothie), you don't benefit from as much fibre!



Freshly squeezed
orange juice



0.1g of fibre



An Orange



2.9g of fibre



Smoothie



1.5g of fibre

Which has the most fibre?



1

Fish Fingers
(80g)



2

Tomato ketchup
(10g)



3

Peas
(60g)



The answer is the Peas! Well done if you got it right!

This is why peas are such a good edition to your fish and chips (or Veggie Fingers/ Quorn Dippers), as they add lots of fibre to your plate!



1

Fish Fingers



2.9g of fibre

2

Tomato ketchup



0.2g of fibre

3

Peas



5.8g of fibre

Which has the most fibre?



1

Baked Beans
(70g)



2

Cheese
(30g)



3

Jacket Potato
(280g)



The answer is the Jacket Potato! Well done if you got it right!

BUT! Having a serving of baked beans with your jacket potato and cheese is a great way to boost your fibre! Baked Beans can also count toward your 5 a day!



1

Baked Beans



6.1g of fibre

2

Cheddar Cheese



0g of fibre

3

Jacket Potato



10.1g of fibre

Which has the most fibre?



1

Beef Bolognese Sauce
(75g)



2

Wholegrain Pasta
(180g)



3

Carrots
(60g)



The answer is the Wholegrain Pasta! Well done if you got it right!

Wholegrain pasta (and other wholegrain carbohydrates) contain higher levels of fibre than the white varieties, make sure you give them a go at lunch!



1

Beef Bolognese Sauce



1g of fibre

2

Wholegrain Pasta



15.5g of fibre

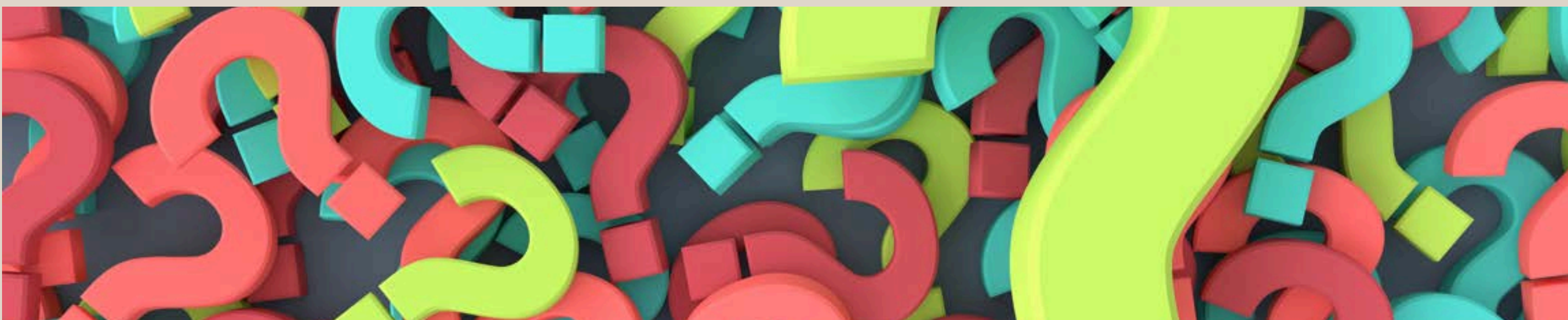
3

Carrots



2.9g of fibre

Which has the most fibre?



1

Roast Potatoes
(100g)



2

Roast Chicken
(85g)



3

Broccoli
(60g)



The answer is the Broccoli! Well done if you got it right!

Did you know that the head of a broccoli is loads of unopened flowers? Make sure you take a good look next time you are served it for lunch!



1

Roast Potatoes



3.8g of fibre

2

Roast Chicken



0g of fibre

3

Broccoli



3.84g of fibre



**AT LUNCH, TRY EATING ALL
YOUR VEGGIES TO BOOST
YOUR FIBRE...**

