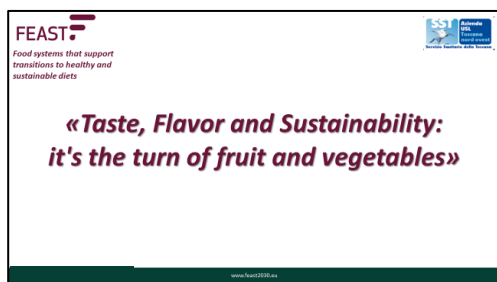


MODULE 5: TASTE, FLAVOR AND SUSTAINABILITY-IT'S THE TURN OF FRUIT AND VEGETABLES



To promote fruit and vegetable intake, this module highlights the benefits of seasonal fruit and vegetable consumption and shares some strategies to facilitate consumption throughout the day.



This slide aims to provide an overview of the seasonality of fruit and vegetables so as to facilitate their eating.

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HERE ARE SOME REASONS TO USE LOCAL SEASONAL FRUIT AND VEGETABLES

- Reduction of the distance that fruit and vegetables have to travel and therefore decrease of the emissions caused by transportation.
- Reduced energy consumption to create suitable climatic conditions for off-season growing in greenhouses
- Nutritional value of fruits is higher immediately after harvest and decreases with time (deterioration and oxidation of fruits and vegetables)
- Seasonal fruits and vegetables are richer in phytochemicals and antioxidants because they produce them in response to the need to defend against pests and changing weather conditions
- Respecting seasonality ensures quality and biodiversity (plant varieties are often abandoned because they are not adapted to growing in greenhouses)
- It contributes to the payment of small farmers who are excluded from large-scale distribution.

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Core concept: Eating seasonal and local fruit and vegetables has benefits not only for individual health, but also for the environment and social well-being.

This slide provides examples of the benefits of consuming seasonal and local fruits and vegetables. These include reduced resource use and emissions, support for local producers, and health benefits due to increased levels of phytochemicals. These are discussed in more detail on the next slide.

How to easily include FRUIT in our day

BREAKFAST

MORNING AND AFTERNOON SNACKS

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This slide and the next give some examples of how fruit can be introduced in a creative and varied way within the 5 meals (breakfast, morning and afternoon snacks, lunch and dinner). In fact, it will be important to emphasize the role of creativity in meal preparation, highlighting the possibility of "manipulating" the food according to one's taste, taking advantage of different textures and combinations. It is suggested discussing with the students the convenience and feasibility of these proposals in their daily life and work together to find workable strategies. However, in order to facilitate the development of new habits, a gradual approach to change is recommended: for example, associate the current habit with a new element according to the examples, experiment with it for a few days, and later consider introducing new elements.

For breakfast, fruit is suggested as an ingredient to be added to a dish such as porridge, or sliced on bread with ricotta cheese or nut butter, or in pieces in a cake, or even mixed with milk.

As a snack, fruit can be eaten by skewering it into handy skewers, or sliced to make a fruit salad, or blended and frozen to make popsicles, or even dipped in chocolate to make handy little snacks to take on the go.

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Ideas of snacks 1 to bring to school

Depending on your needs, you can include one or two snacks during the long school morning: here are two examples!

1°snack

Small sandwich with vegetables
or
Fruit
Nuts
or
Parmesan

2°snack

Carrots
Yogurt with fresh fruit and oatmeal



This slide shows some ideas for a healthy and balanced snack during the school morning. This meal is often an opportunity to consume either junk food or large portions of foods that can impact the feeling of hunger at lunch time.

LET'S PUT IT INTO PRACTICE!

let's put it into practice!
let's put it into practice!
let's put it into practice!

CREATE YOUR SNACK!



To encourage the consumption of healthy and balanced snacks, a short activity is proposed to be carried out in small groups. Each group is asked to develop one or more snacks and then present their ideas to the whole class. The aim of the activity is to encourage the collection and discussion of different proposals and useful strategies for implementing them in everyday life.

E la VERDURA ?? esaltiamo il suo gusto !!

PRANZO & CENA

Pranzo

Passato con la croccantezza
data da:
semi oleosi
pane tostato

Cena

Guarnimento in
forno: Finocchi
con il timo al
forno gratinati con
parmigiano

**Come condimento nei
primi piatti:**
Pasta con i broccoli e
pinoli

Crosta croccante con salsa alla yogurt con spezie e erbe aromatiche



In line with what has been proposed for fruit, this slide gives some examples of how to introduce vegetables in a creative way during lunch and dinner, trying to enhance their taste. In fact, it will be important to emphasize the role of creativity in meal preparation, highlighting the possibility of "manipulating" the food according to one's taste, taking advantage of different textures and combinations. It is suggested discussing with the students the convenience and feasibility of these proposals in their daily life and work together to find workable strategies. However, in order to facilitate the development of new habits, a gradual approach to change is recommended: for example, associate the current habit with a new element according to the examples, experiment with it for a few days, and later consider introducing new elements. For example, it is possible to consider different ways of cooking (steamed, baked, roasted, or raw), different textures (pureed or chopped), or even pairing with foods such as oilseeds, nuts, or yogurt-based sauces to enrich the flavors.

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