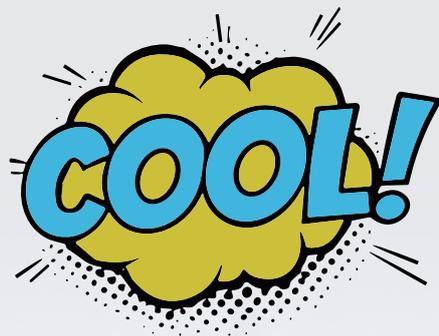


Healthy Body, Happy Me 2026

Five-a-day Friday



Activity Five-a-day Friday

Talk to children about the five-a-day recommendation, encouraging them to share how many fruits and vegetables they eat each day in the setting and home. Provide five different activities to encourage children to explore fruit and vegetables and to contribute towards their own five-a-day.

Fruit and vegetable baskets

Fill a box/bowl/basket with a range of fruit and vegetables. Encourage the children to use their senses to explore individual items. Include items that represent children's individual backgrounds or items they may not have seen before. For example, a dragon fruit, star fruit.



Guess the fruit/vegetable

Start by hiding an apple in a bag/box. Using just their sense of touch, ask a volunteer to put their hand in and describe what they feel before guessing which fruit or veg they think it is. Change the item and continue the guessing game.

Resources

- Knife
- Blender
- Skewers
- Water/milk
- Box/bowl/basket
- NDNA Healthy Hero certificate
- Fruit and vegetables.



Fruit smoothies

Invite children to chop up their favourite fruits to make individual fruit smoothies. Mix the fruit with a little water/milk and blend. Talk about the difference before and after blending.



Fruit kebabs

Invite children to select and chop their favourite fruits to create kebabs, urging a mix of different fruits for children to explore and taste.



Healthy hero review

Review the week's 'healthy hero' activities. Encourage children to share what they have learnt and enjoyed about being healthy heroes. Talk about how all children have become 'healthy heroes' and give each child the healthy hero certificate to celebrate their success.



Let's reflect...



Further resources, links and stories:



National Day Nurseries Association

At NDNA, we don't just provide nursery membership, lobby government and offer training, we are dedicated to making a difference. We are a charity that believes in quality and sustainability so we put our members' businesses at the very heart of ours. We enhance, support, nurture, cherish and challenge.

Every year we run an annual Healthy Body, Happy Me campaign to encourage better health and happiness by giving nurseries FREE resources for play, learning and fun. Get involved with our 2026 campaign and help keep your children happy and healthy.

Important: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.



National Day Nurseries Association

National Day Nurseries Association

National Early Years Enterprise Centre, Longbow Close, Huddersfield HD2 1GQ
01484 407070 marketing@ndna.org.uk



*Brighter thinking
for early years

www.ndna.org.uk

Bring your healthy heroes into your home corner

Add a little authenticity to the home corner and keep the conversation going around five a day.



Fruit and Vegetables from Hope - Pack of 22
HP00056188
£30.99

NDNA member benefits with Hope



every order



one order per year



over 350 essentials



with no minimum spend

HOPE
is all you need

Hope are proud to be NDNA's corporate partner.

A brand you can trust | Rated excellent on Trustpilot
Proud Supplier of the Year winner | Super quick delivery