

# SUPER COMPETITION!!!



## WE'RE LOOKING FOR THE NEWEST FOOD SUPERHERO TO JOIN THE SUPERFOOD SQUAD!

Draw, build, bake, make or mould your food superhero *\*with a superhero name and brief description of its superpowers*, send us a picture and be in with a chance to win a Fire HD 8 Kid's tablet, Family Fruit & Veg box and a children's garden discovery kit!

To enter, take a picture of your superhero, and upload it to our competition form – [bit.ly/superfoodhero](http://bit.ly/superfoodhero), alternatively email it to ([socialmedia@heritagefindfoods.co.uk](mailto:socialmedia@heritagefindfoods.co.uk)) along with your name, age, school, parent/guardian's name and contact email/telephone number.



Competition closes on Friday 6th November 2020 and all entries must be submitted by 5 pm.

HERE'S SOMETHING FOR YOU SUPER PARENTS!



To help get your family eating better for less, we are offering £5 off your first order and your 4th box for 1/2 price!

Use code **5NEW** when you sign up with [5adaybox.co.uk](http://5adaybox.co.uk)

(Add code to your account before placing your order).

Don't forget to check out our new blog series 'Eat healthy for less'! Each week, we will be posting a new family-friendly recipe, which will use seasonal produce to help keep your family eating better for less.

For more healthy meal ideas, offers and more follow us on:



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[heritagefinefoods.co.uk](http://heritagefinefoods.co.uk)

### DID YOU GUESS THEM ALL CORRECTLY?

ANSWERS: 1. GLOBE ARTICHOKE, 2. MOOLI (DAIKON RADISH), 3. DRAGONFRUIT.



Information sources:  
[www.NHS.uk](http://www.NHS.uk)  
[www.NHS.uk/change4life](http://www.NHS.uk/change4life)  
[www.Healthline.com](http://www.Healthline.com)  
[www.boredpanda.com](http://www.boredpanda.com)  
[www.bhf.co.uk](http://www.bhf.co.uk)



# FOOD SUPERHEROES



**CREATE A FOOD SUPERHERO AND YOU COULD WIN A SUPER PRIZE!! SEE COMPETITION INSIDE.**



The  
**HERITAGE FINE FOOD**  
— COMPANY —  
Ltd.

[heritagefinefoods.co.uk](http://heritagefinefoods.co.uk)  
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## WHY FRUIT & VEGETABLES ARE SUPER?!

Fruit and vegetables are super because they contain essential vitamins and minerals which allow our bodies to grow **big, strong**, and healthy. Each fruit and vegetable has a certain set of 'super powers' which help do something good for our bodies.



It's recommended that you eat 5 portions of fruit and veg every day. A single portion of fruit or veg should fit in the palm of your hand.

DO YOU KNOW WHAT THIS VEG IS?



## SUPER FACTS ABOUT FRUIT & VEGETABLES



Tomatoes are the World's most popular fruit!



Sweetcorn is a member of the grass family.

In Japan, you can buy watermelons that are square.



Potatoes were the first food to be grown in space.

The World's heaviest onion weighed more than a man's head.



DO YOU KNOW WHAT THIS VEG IS?

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## EAT WELL GUIDE

Fruit and veg are really important, but should form part of a balanced diet. A balanced diet should include:



33% Fruit & vegetables  
33% Bread, cereals & potatoes  
15% Milk & dairy  
12% Meat, fish & alternatives  
7% Fatty & sugary foods



## WHAT SUPERPOWERS DO FRUIT AND VEG HAVE?

Strawberries, tomatoes and other red foods help our joints move.

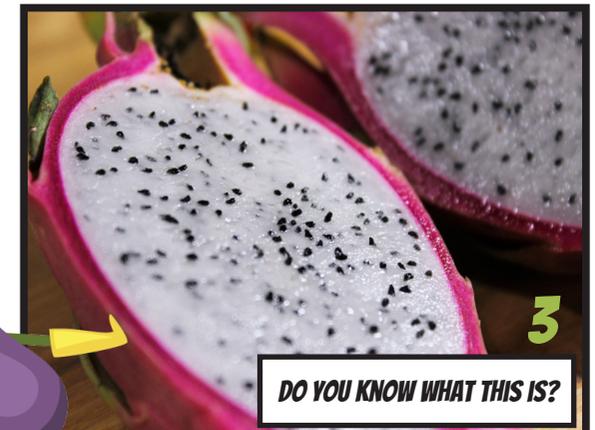
Carrots, sweet potatoes, and other orange foods are good for our eyes.

Pineapples, corn and other yellow foods help to keep our skin healthy.

Broccoli, spinach and other green foods help with healing.

Blueberries and other blue foods help to prevent illness.

Aubergines and other purple foods keep our heart healthy.



DO YOU KNOW WHAT THIS IS?

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