

«Taste, Flavor and Sustainability: it's the turn of fruit and vegetables»



What are we going to talk about today?

- 1. Benefits of consuming seasonal fruits and vegetables**
- 2. How many places for fruit in your food day!**
- 3. Taste and vegetables: a good match**



Seasonal fruits and vegetables: When is the right time?











Seasonal fruits and vegetables: When is the right time?

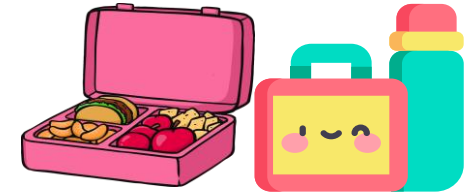




HERE ARE SOME REASONS TO USE LOCAL SEASONAL FRUIT AND VEGETABLES

-  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.

How to easily include FRUIT in our day



BREAKFAST



MORNING AND AFTERNOON SNACKS



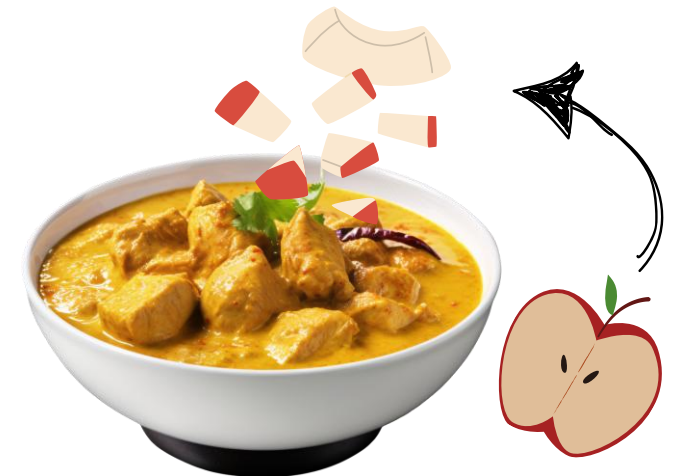


How to easily include **FRUIT** in our day

LUNCH



DINNER

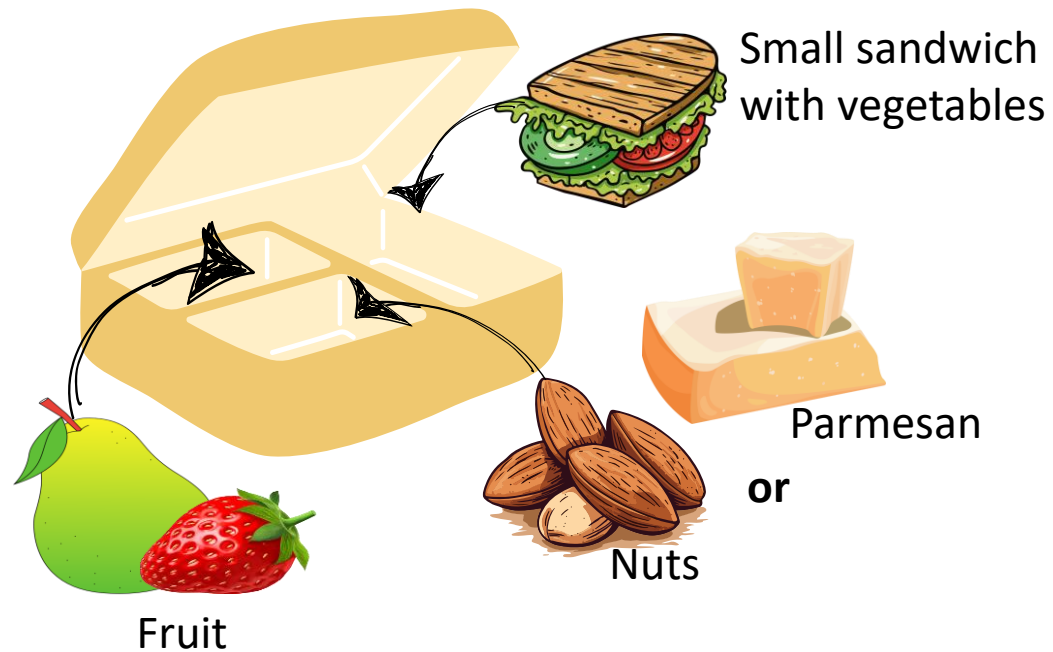


Ideas of snacks

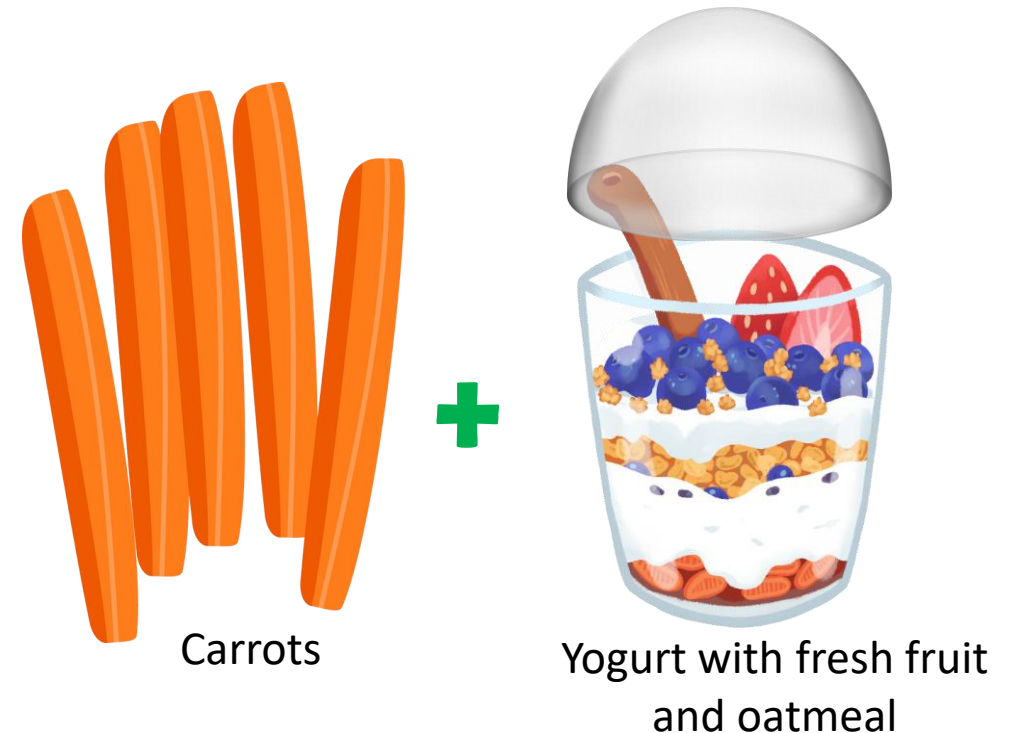


to bring to school

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



1°snack



2°snack



LET'S PUT IT INTO PRACTICE!

let's put it into practice!

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let's put it into practice!

LET'S PUT IT INTO PRACTICE!



**CREATE
YOUR
SNACK!**



How to easily include **VEGETABLES** in our day: let's enhance its taste!

LUNCH

&

DINNER



Pureed vegetables, with the
crunch given by
oily seeds
and
toasted bread



Vegetables au gratin in the oven,
with thyme and
breadcrumbs



Crispy raw vegetables, with yogurt sauce spices and herbs



As a seasoning in pasta dishes:
Pasta with broccoli and
pine nuts





THANKS FOR YOUR ATTENTION!



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