

5+ A Day[®] Homework Worksheet

Fredge's Thoughts: Levels 1 and 2

One of Fredge's mottos is:

Small Actions x Many People = Great Change

- Discuss with your family what this motto might mean
- Choose four ideas listed in Fredge's thought clouds below to action
- Colour in the bubbles when you have completed the action
- Can you think of two simple actions that would help make a healthier environment for yourself or others to live in?
- Write them in the thought bubbles

