



Fruit and vegetables taste great!

- As well as tasting great, fruit and vegetables are full of things that are good for you like vitamins, minerals, and fibre, and glucose for energy.
- These things keep your bodies healthy and strong. They also help your brains work so you work well in class.
- You can eat fruit and vegetables in lots of different ways such as salads, snacks, dips, platters, smoothies, ice blocks, and wedges.
- It's important to eat five or more servings of colourful fresh fruit and vegetables a day – that's at least three servings of vegetables and two servings of fruit.

- There are many different coloured fruit and vegetables: red, purple, blue, orange, green, white, and brown.
- It's important to eat as many different coloured fruit and vegetables as we can – we call this eating a rainbow of colours.
- The best thing is there are so many different kinds of fruit and vegetables, so there is sure to be something you like.

