Fruit & Vegetables
COLOUR YOUR DAY

COME AND JOIN US IN THE FUN!
I taste terrific! I am also full of good stuff that helps your bones stay strong and healthy! Do you know why Mummy and daddy tell you: "An apple a day - keeps the doctor away?! Apples can help you to fight germs!

Awesome apple
I am a good source of vitamin C, fibre and other good stuff to stay healthy and feel full! We give you lots of energy to stay active. We are handy for playing sport and doing any strenuous physical activity.

Spuds potato
We contain lots of good stuff (especially ripe, and those deep red in colour); we have lots of vitamin C, fibre among many others, that scientists think are important to stay healthy!

Ripe tomato
Said

"we come in different colours
 - green, yellow and brown - My family
of pears give a prolonged source of energy
because we are digested slowly. Children
also think that we are delicious to
eat!"
I am popular for my vitamin C content and my natural sweetness. I am full of goodness and people love me because I help them prevent colds!

Outrageous orange
Mushrooms
grow by moonlight, — well, at least wild
ones do — and we are quite unlike any other
vegetables but we still help children to grow. You
can add us to your salad or ask mummy to
make a yummy mushroom soup!

Moy mushroom
We come in bunches - We are fun-loving vegetables and enjoy being present at parties, or barbecues or picnics - placed near your favourite dip! Try us! We are great at helping keep your teeth and mouth clean so munch and crunch any time, but especially after meals!

Crunchy celery
I taste delicious to eat!
I have lots of vitamin C
and other good things that help
-growing bodies to stay healthy
and happy!

Super strawberry
Athletes eat us because we are a good way to get the kind of good energy to power muscles. We provide you with vitamin C, fibre and other goodness to help you keep your skin healthy and produce energy in your body.

Blamo banana
I am yellow and you can enjoy me added to your vegetable salad! I also give you energy.

Corny on the cob
Many children love me because I am a tasty vegetable but besides my appealing flavour I am full of good stuff including vitamin C to protect little and big bodies against diseases. Eat me daily to stay strong and healthy!
Did you know that I contain fibre and other good stuff to keep you healthy and grow?

Power prune