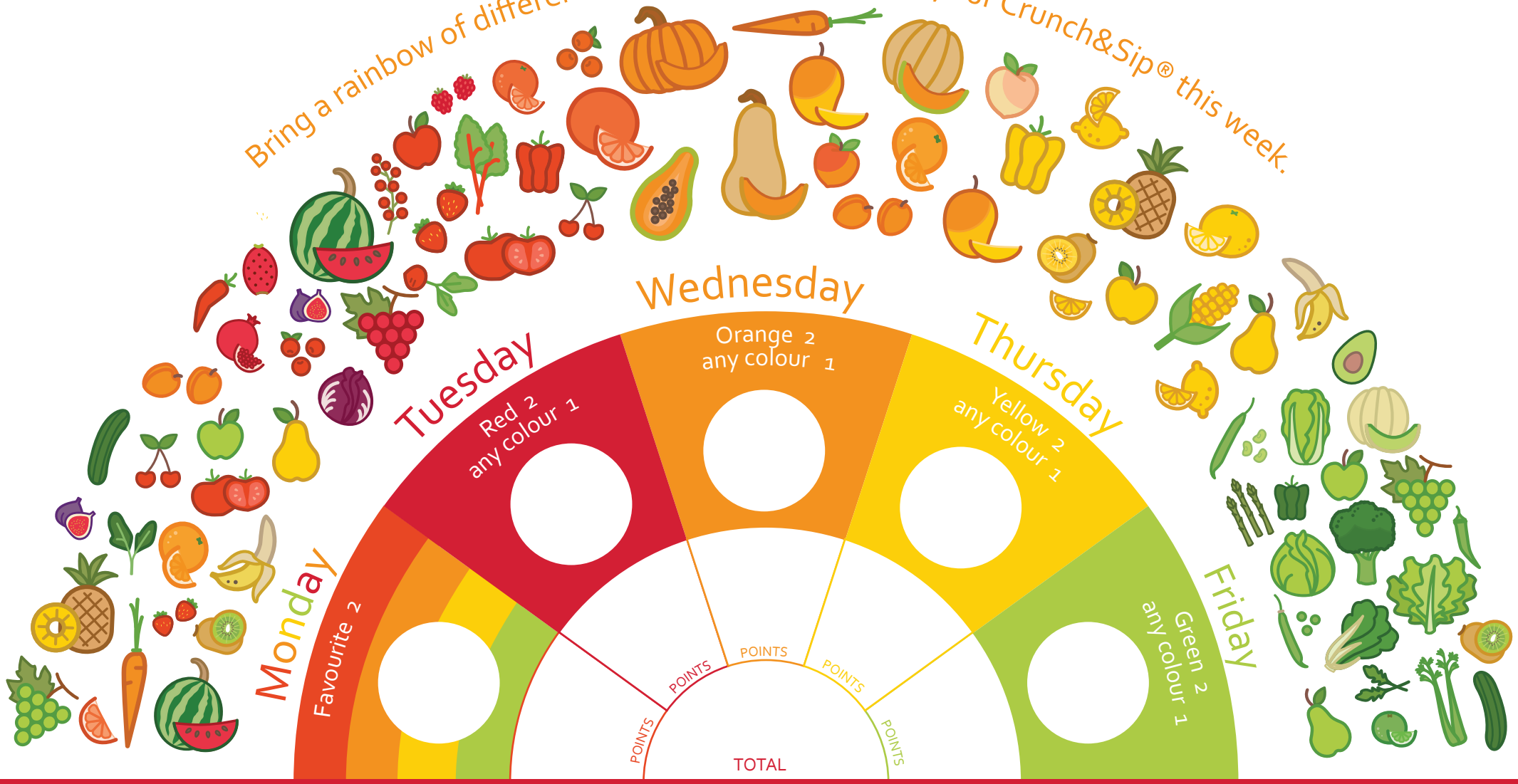
Vege Adventure

Bring a rainbow of different fruit and vegetables for your Crunch&Sip® this week.



SCORING	0 – 5 A good try.	6 – 7 Well done for eating a vege or fruit every day.	8 – 10 You ate a rainbow of colours of vege and fruit.

Name:..... Class:.....

Each day: ✓ write in your points ✓ add your sticker At the end of the week: ✓ add up your points to get your total score.

NSW GOVERNMENT Health
Central Coast
Local Health District