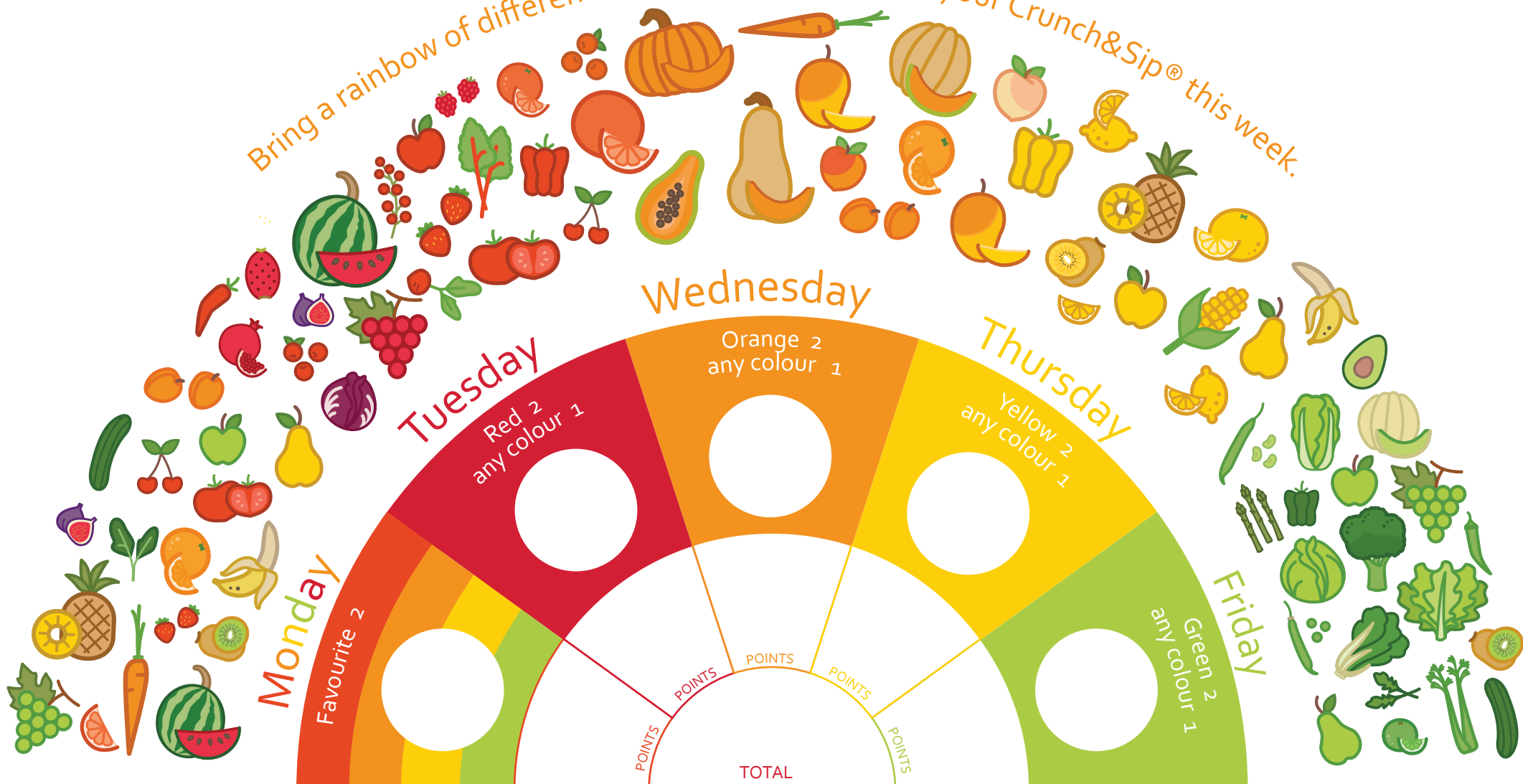


# Vege Adventure

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.



Health  
Central Coast  
Local Health District