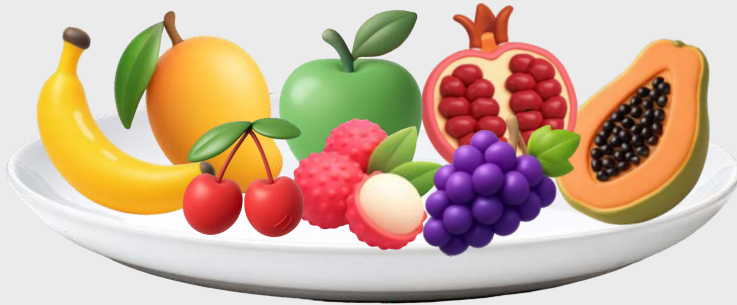


# Let's talk about fruit



Rich in vitamins  
and minerals



High in fibre to  
support digestion



Fights against  
illness and keeps  
you strong

## Your turn...



How could you add more fruit to your day?

What's a fruit snack that your children enjoy?



What's a fun way you serve fruit at home?

What's a dried or tinned fruit you like to keep in the cupboard?

