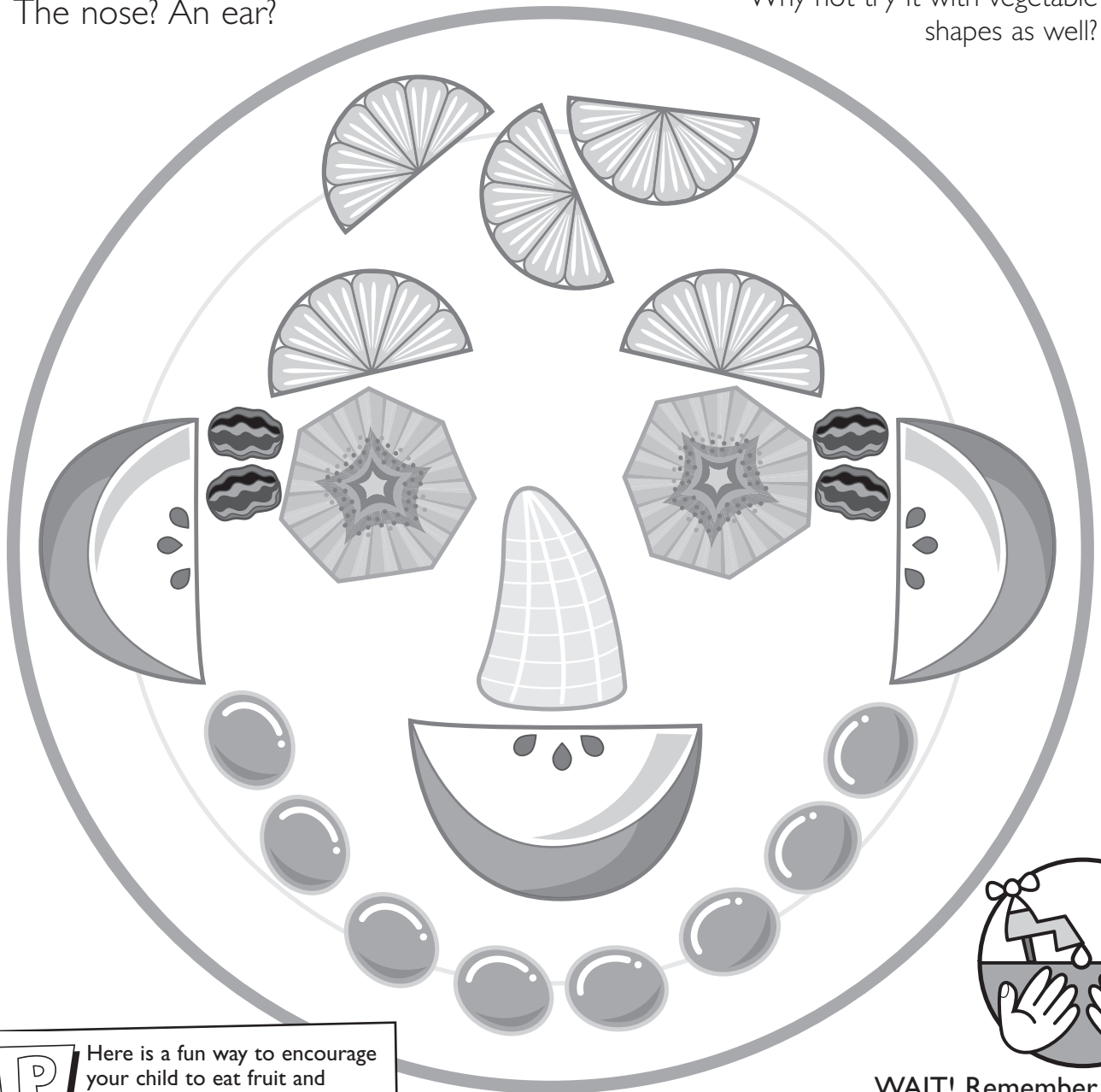


Fruity Pictures

Here is a fruity face. Can you see banana, apple slices, satsuma segments, kiwi fruit, raisins and grapes? Which bit of the face would you eat first? The nose? An ear?

Ask someone to help you make a fruit picture or pattern on a plate and then eat it. Why not try it with vegetable shapes as well?



P Here is a fun way to encourage your child to eat fruit and vegetables. Young children enjoy making patterns and pictures. Your child might do this while you are making a fruit or vegetable salad.

WAIT! Remember to wash your hands before touching food. Always have your grown-up helper with you in the kitchen when you are preparing food.

