



Hello there!

You are amazing! So many of you are eating fruit and vegetables. It's so cool! Well done guys! Shake hands with whoever is sitting next to you and say "Well done Dude".

Thanks for all your help so far, but we need to ask for some extra help today. We have heard that General Junk and his ghastly crew are prowling around. Help us to send them back where they belong. Eat fruit and vegetables wherever and whenever you can. That will show them!

Who else do you think eats lots of fruit and vegetables.....?

That's right, footballers, athletes, pop stars, TV presenters, super-heroes..... They all eat lots of fruit and vegetables. Do you know why.....?

Fruit and vegetables help them stay fit and healthy, give them lots of energy and keep them looking good. All the coolest people eat lots of fruit and veg.

Remember, anyone who eats ALL of their fruit AND ALL of their vegetables at lunchtime will get an amazing Food Dude prize. It's easy! You know what to do guys.

KEEP IT STRONG DUDES!

Charlie

Rocco

Tom

Raz