1. How many serves of fruit and veg should you go for each day?
A. Go for 2 & 5
B. Go for 3 & 7
C. Go for 4 & 6

2. True or False: Frozen veggies are as healthy as fresh veggies?
A. True
B. False
C. It depends on the type of vegetable.

3. Which of these is a veg?
A. Apricot
B. Bean
C. Cherry

4. Name a vegetable starting with 'C'.
A. Carrot
B. Capsicum
C. Cucumber
D. Chard
E. Corn
F. Cabbage
G. Can you think of any more?
A. A has-bean!
( draw your has-bean here )

5. True or False: Raisins, sultanas & currants are all dried grapes?
A. True
B. False

6. True or False: Lettuces are as fresh as fresh veggies?
A. True
B. False

7. How many serves of fruit and veg should you go for each day?
A. Go for 2 & 5
B. Go for 3 & 7
C. Go for 4 & 6

8. Cut out and fold over.

9. Fold over again.

10. Turn it over.

11. Fold corners over.

12. Fold in half.

13. Fold all 4 corners.

14. Looks like this.

15. Unfold.

16. Looks like this.

17. An Australian Government State and Territory Health Initiative.

18. True - they are still packed full of vitamins & minerals!