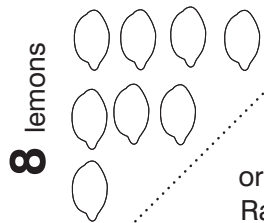


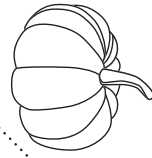
# SALAD



8 lemons

**Q.** True or false: Raisins, sultanas & currants are all dried grapes?

**A.** True

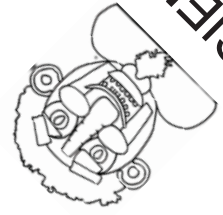


1 pumpkin

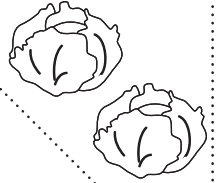
**Q.** How many serves of fruit and veg should you go for each day?

**A.** Go for 2 & 5

# VEGEMAN



2 lettuces

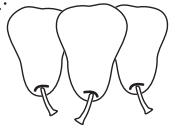


**Joke**  
Why did the orange go to the doctor?

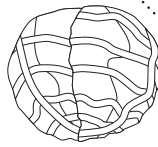
**A.** Because it wasn't peeling well!



**Q.** Which of these is a veg?  
a) Apricot  
b) Bean  
c) Cherry



3 pears



**A.** Muscle Sprouts

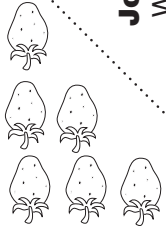


**A.** Bean

**A.** Carrot, Capsicum, Corn, Cabbage, Cucumber, Chard, of any more?  
Can you think

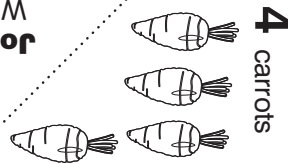
**A.** A has-bean!  
(draw your has-bean here)

**Joke**  
What do you call a retired vegetable?



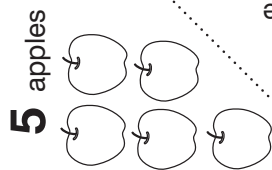
6 strawberries

**Joke**  
What is the strongest vegetable?



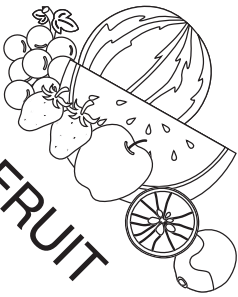
4 carrots

**Q.** Name a vegetable starting with 'C'.

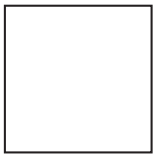
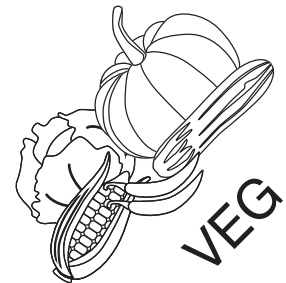


5 apples

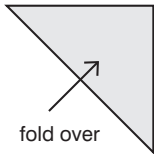
# FRUIT



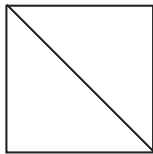
# VEG



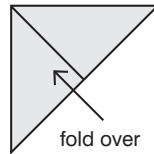
cut out



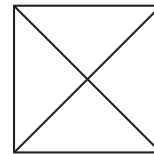
fold over



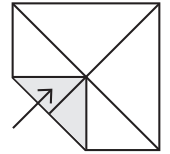
unfold



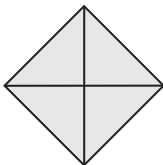
fold over



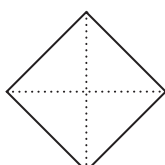
unfold



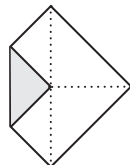
fold all 4 corners



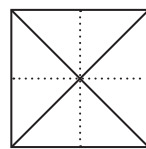
looks like this



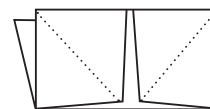
turn it over



fold corners over



looks like this



fold in half

