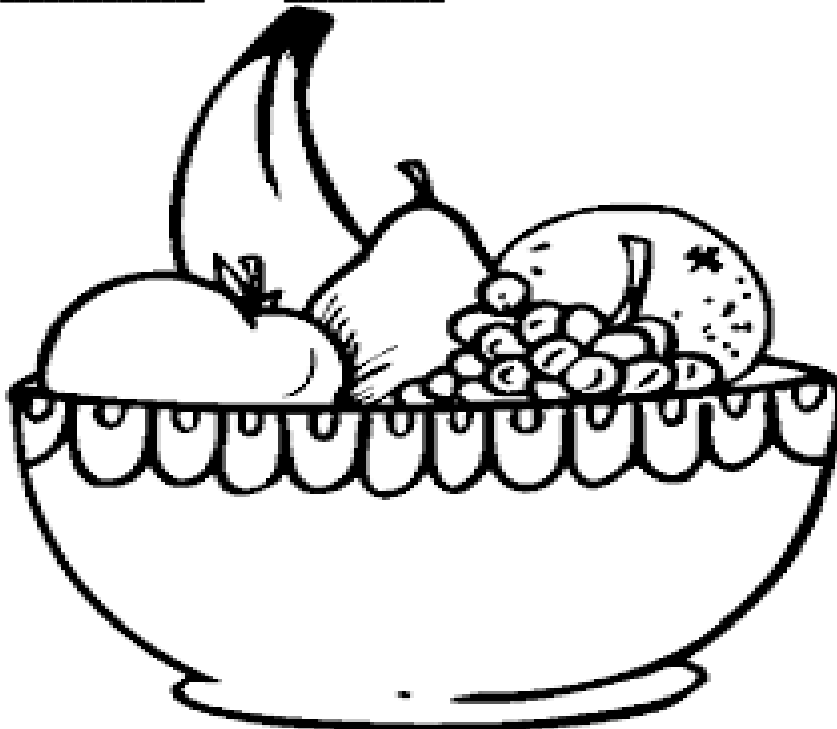


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Color the  
Picture



**Fruits Awareness (Write your own points):**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Name: \_\_\_\_\_ Date: \_\_\_\_\_



## Fruits Awareness

1. Fruits contain important vitamins, minerals and plant chemicals. They also contain fiber.
2. There are many varieties of fruits available and many ways to prepare cook and serve them.
3. A diet high in fruit can help protect you against cancer, diabetes and heart disease.
4. Eat 2 kinds of fruit every day for good health.
5. Most Australians do not eat enough fruit.
6. When buying and serving fruit aim for variety to get the most nutrients and appeal.

Student Name

Class, Section &amp; Roll No

Name: \_\_\_\_\_ Date: \_\_\_\_\_



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