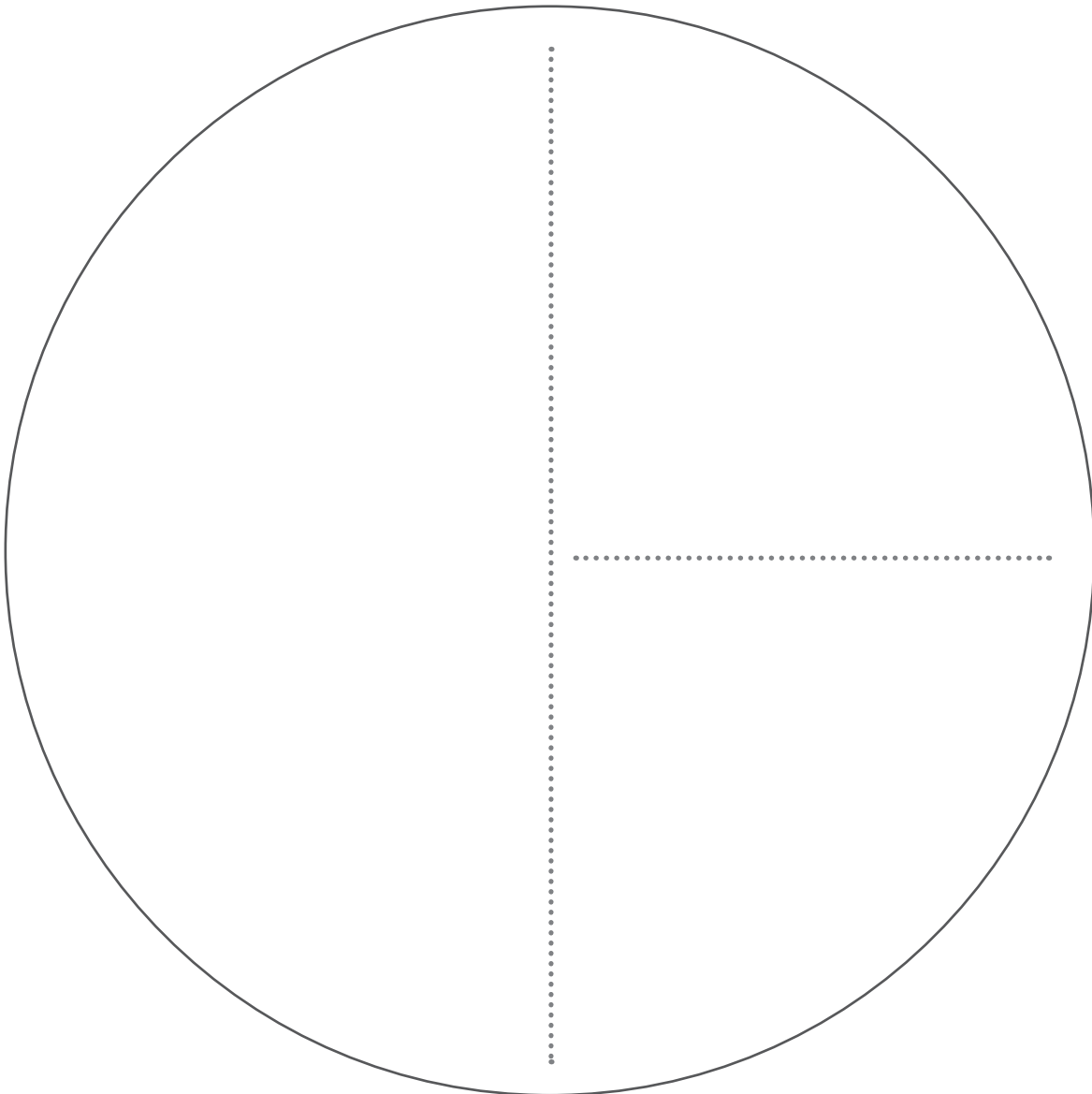


**real food
for real kids™**

fuelling healthy futures™

make your own plate

Did you know half your plate should be covered in fruits and veggies?
Draw your favourite fruits & vegetables to fill one half of your plate,
and use the other sections for favourite grain & protein.



@realfoodforrealkids