**Healthy Eating list**

You can do this activity by going shopping or do it on online, you will look for what fruit or vegetables on the list and tick off the item.

|  |  |
| --- | --- |
| Apple  |   |
| Broccoli  |  |
| Orange |  |
| Mushroom  |  |
| Banana  |  |
| Carrot  |  |
| Strawberry  |  |
| Cucumber  |  |
| Pear |  |
| Potato |  |

Wendy Saint