**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