



healthy eating chatterbox

Create a chatterbox about healthy eating. Cut out the chatterbox as indicated and fold along the lines as shown in the instruction diagram.

* For children, the minimum number of serves of vegetables and fruit are based on age: 4-7 years 1 serve of fruit & 2 serves of vegetables; 8-11 years 1 serve of fruit & 3 serves of vegetables; 12-18 years 3 serves of fruit & 4 serves of vegetables

