

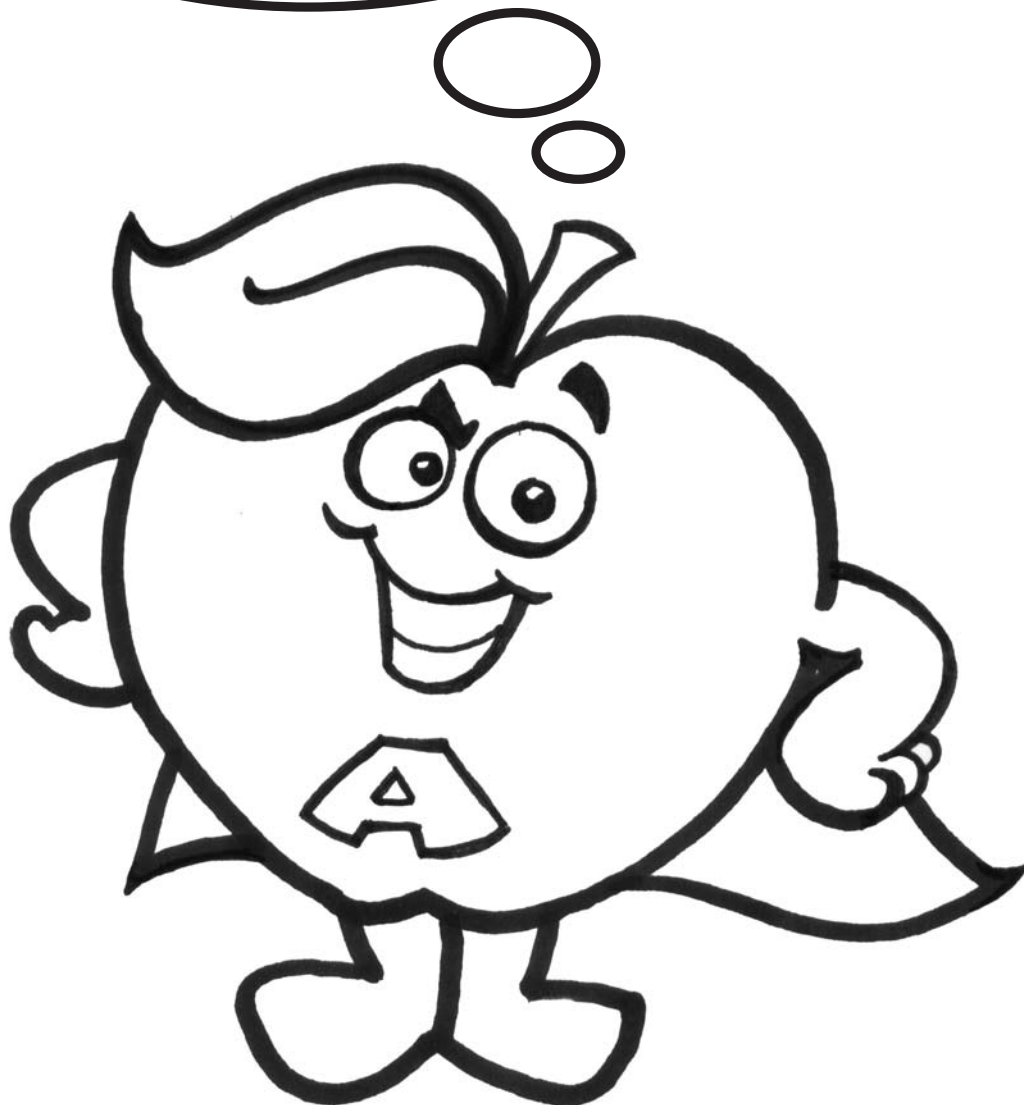
Fruit & Vegetables

COLOUR YOUR DAY



COME AND JOIN US IN THE FUN!

I
taste terrific! I am also
full of good stuff that helps your
bones stay strong and healthy! Do you
know why Mummy and daddy tell you: "An
apple a day - keeps the doctor away?!"
Apples can help you to fight
germs!



Awesome apple

I am
a good source of vitamin C,
fibre and other good stuff to stay
healthy and feel full!. We give you lots
of energy to stay active. We are handy
for playing sport and doing any
strenuous physical activity.



Spuds potato

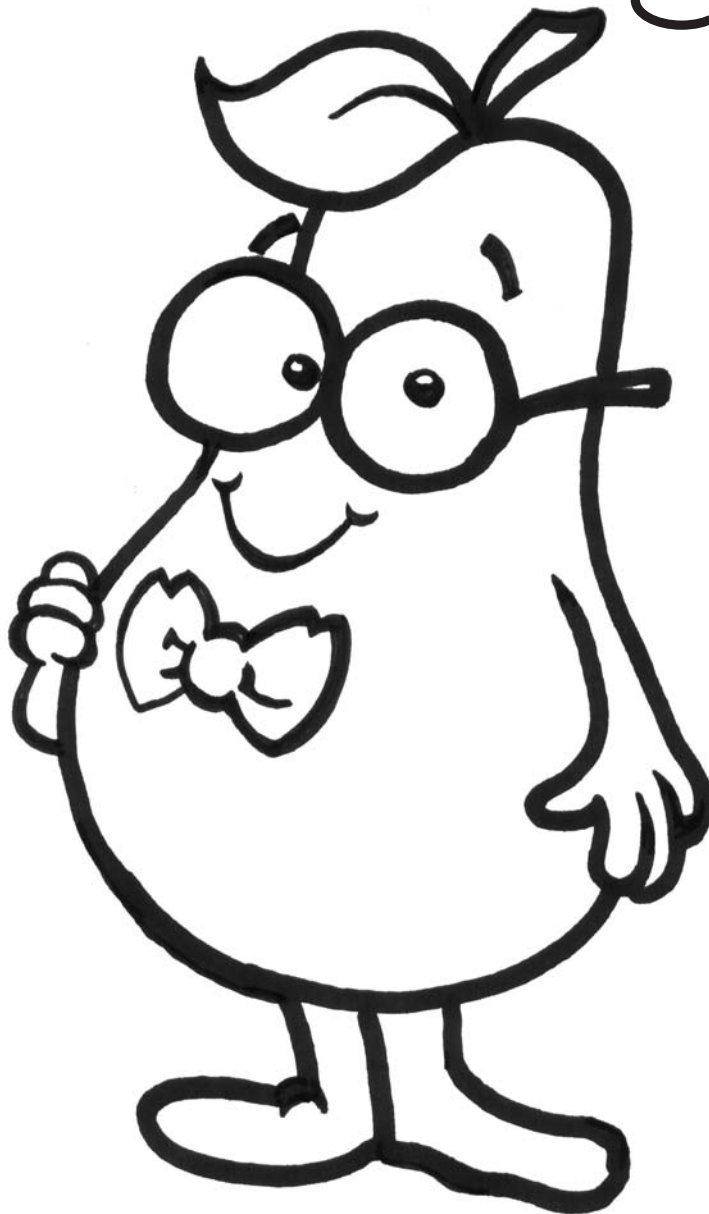
We
contain lots of good stuff
(especially ripe, and those deep red
in colour); we have lots of vitamin C,
fibre among many others, that scientists
think are important to stay
healthy!



Ripe tomato

Said

"We come in different colours
- green, yellow and brown - My family
of pears give a prolonged source of energy
because we are digested slowly. Children
also think that we are delicious to
eat!"



Shakes pear

I am
popular for my vitamin C
content and my natural
sweetness. I am full of goodness and
people love me because I help them
prevent colds!



Outrageous orange

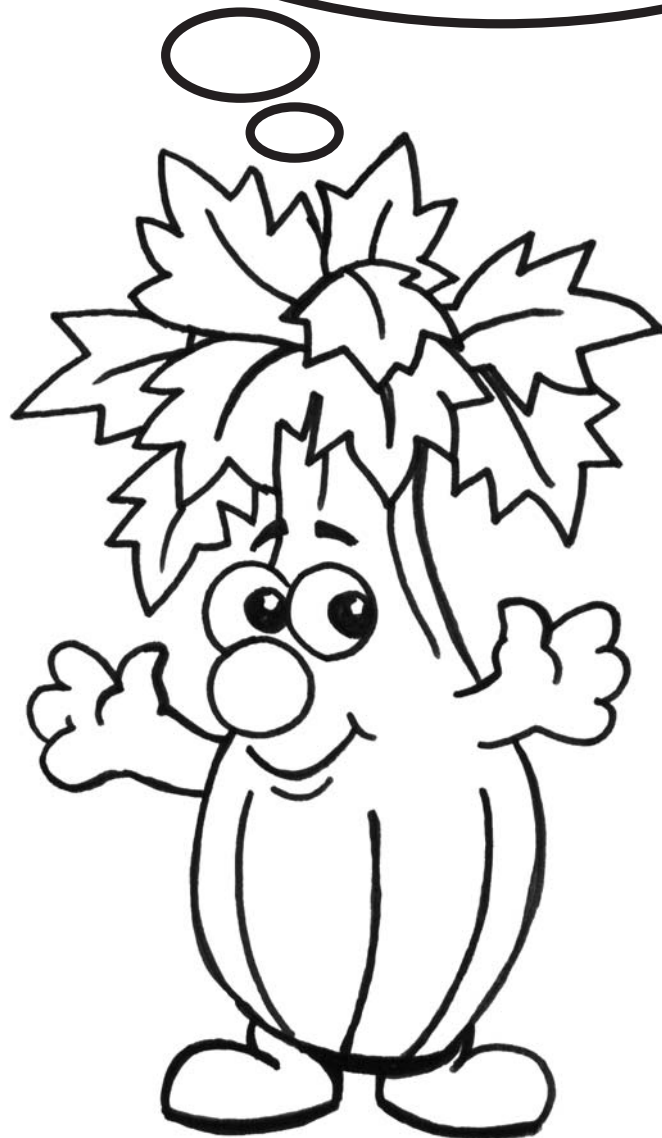
Mushrooms

grow by moonlight, - well, at least wild ones do - and we are quite unlike any other vegetables but we still help children to grow. You can add us to your salad or ask mummy to make a yummy mushroom soup!



Moy mushroom

We
come in bunches - We are fun-
loving vegetables and enjoy being present
at parties, or barbecues or picnics - placed
near your favourite dip! Try us! We are great
at helping keep your teeth and mouth clean
so munch and crunch any time, but
especially after meals!



Crunchy Celery

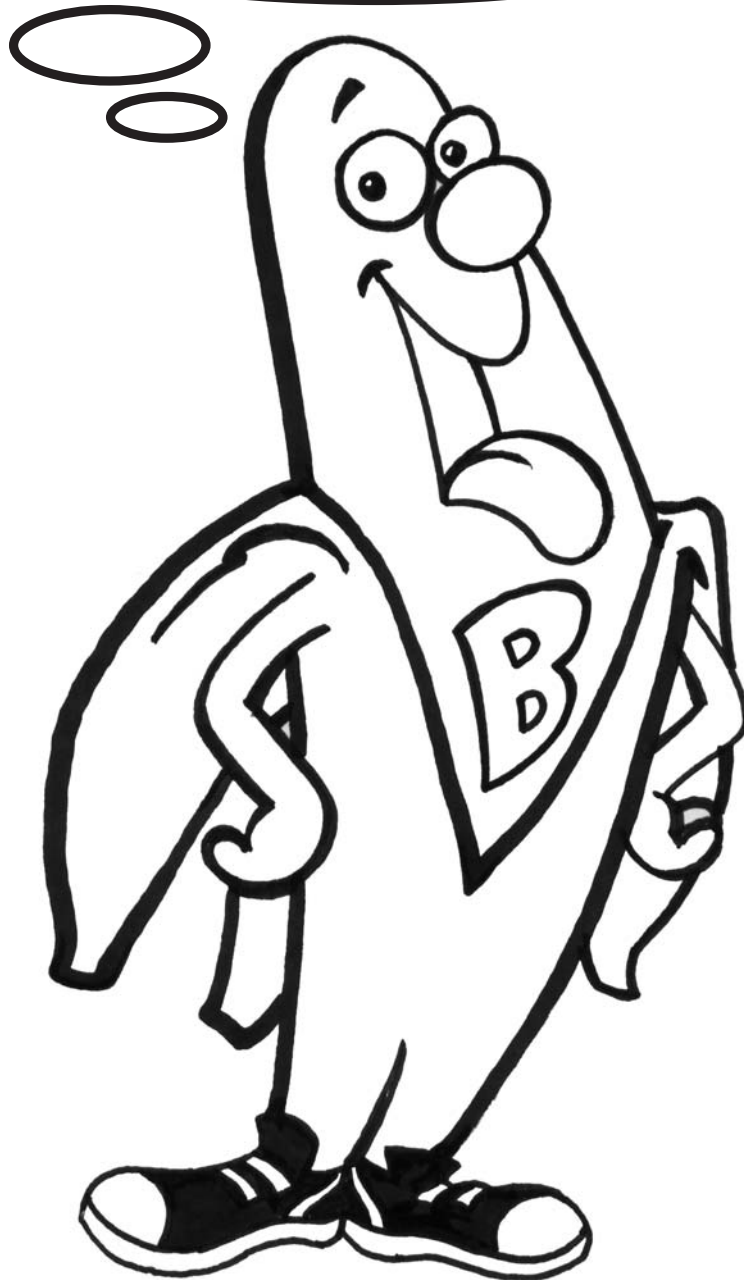
I
taste delicious to eat!
I have lots of vitamin C
and other good things that help
growing bodies to stay healthy
and happy!



Super strawberry

Athletes

eat us because we are a good way to get the kind of good energy to power muscles. We provide you with vitamin C, fibre and other goodness to help you keep your skin healthy and produce energy in your body.



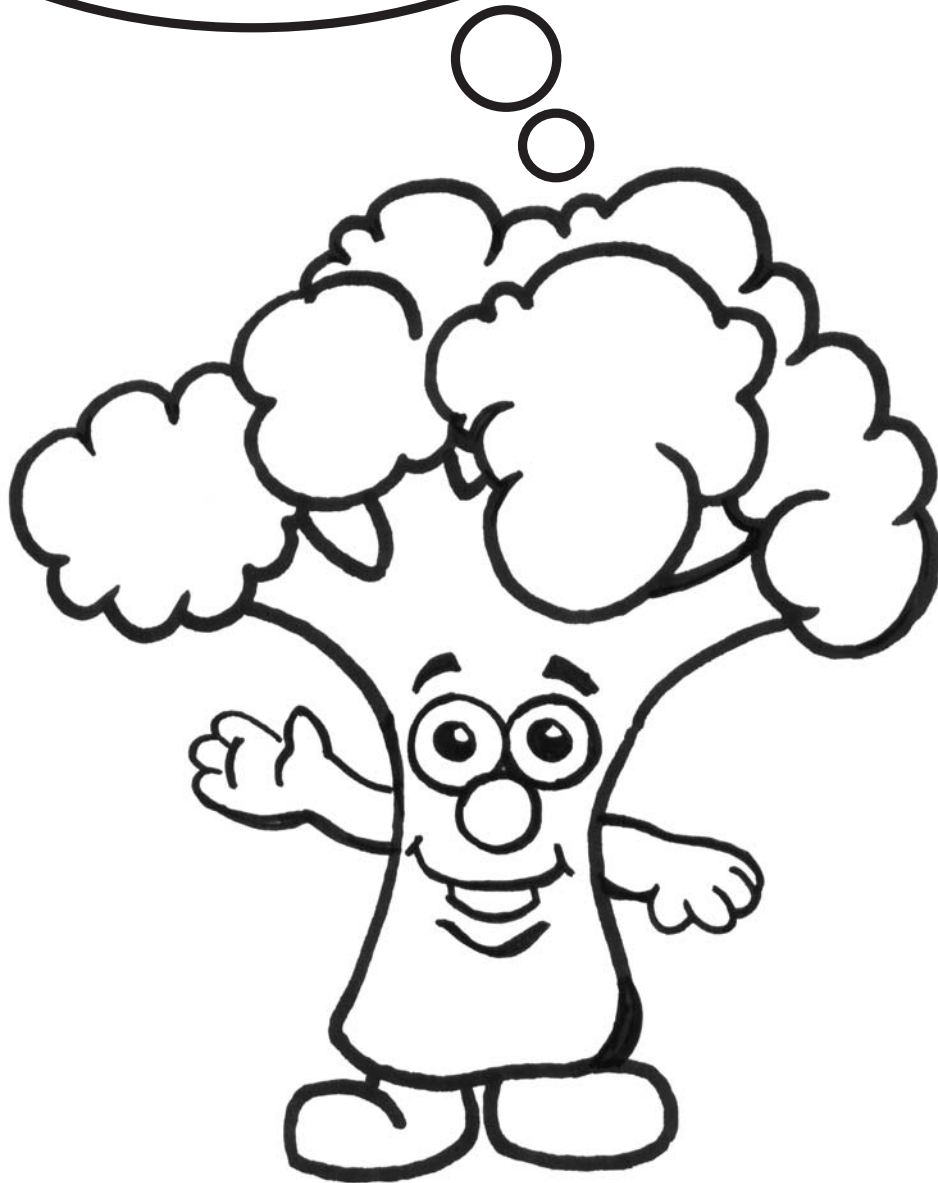
Blamo banana

I
am yellow and
you can enjoy me
added to your
vegetable salad! I
also give you
energy



Corny on the cob

Many
children love me because I
am a tasty vegetable but besides
my appealing flavour I am full of good
stuff including vitamin C to protect
little and big bodies against diseases.
Eat me daily to stay strong and
healthy!



Charles Broccoli

Did
you know that
I contain fibre and
other good stuff to
keep you healthy and
grow?



Power prune



Health Promotion & Disease Prevention Directorate

5B, The Emporium, C. De Brocktorff Str., Msida MSD 1421 Malta.
Tel: 2326 6000, Fax: 2326 6104, www.ehealth.gov.mt



**Ministry for Health, the Elderly
and Community Care**