Autumn 1 Fact File

Why is eating fruit and vegetable important?

🌟 **Healthy Eating for Happy Kids!** 🌟

Did you know that adding colourful fruits and veggies to your child's plate is a superpower for their health and brain? 🍎🥦

Here's why it's a big deal:

🥕 **Packed with vitamins, minerals & fibre**

💪 **Boosts the immune system**

⚡ **Keeps energy steady all day**

🦷 **Supports healthy skin, teeth & bones**

📚 **Helps concentration and learning at school**

Make mealtime *fun* by letting your child pick and prep their favourites! 🍓🥕

Simple swaps, like fruit at breakfast or extra veggies at dinner, can make a huge difference.

Let's grow healthy habits today for a brighter, healthier tomorrow! 🌈🥗