

Nutritious Fruit and Vegetables

For Primary 1 - 3 Students



Let's find out the path with "2 servings of vegetables" and "2 servings of fruit" by tracing the line downward and make a turn when reaching a junction. Please colour the correct path and circle its letter.

The maze consists of four vertical paths labeled A, B, C, D, and E. The path starts at the top left and ends at E, which is circled in red. The path includes the following items:

- 1 tablespoon of raisins
- 1 bowl of garden salad
- 1 piece of apple
- 1/2 bowl of cooked Chinese flowering cabbage
- 1 bowl of cooked mushrooms
- 1/2 piece of banana
- 2 pieces of kiwi fruit
- 1/2 bowl of cut-up fruit
- 1/2 bowl of cooked zucchini
- 1 piece of pear
- 1/2 bowl of cooked lettuce



Learn more about the nutrition of fruit and vegetables



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