

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.

A maze with five vertical paths labeled A, B, C, D, and E. The paths are connected by horizontal lines. The goal is to trace a path from the top to the bottom, collecting 2 servings of vegetables and 2 servings of fruit.

- Path A:** 1 tablespoon of raisins, 1 bowl of garden salad, 1 piece of apple.
- Path B:** ½ bowl of cooked Chinese flowering cabbage, 1 bowl of cooked mushrooms.
- Path C:** ½ piece of banana, 2 pieces of kiwi fruit, ½ bowl of cut-up fruit.
- Path D:** ½ bowl of cooked zucchini, 1 piece of pear, ½ bowl of cooked lettuce.
- Path E:** (No items listed).



Learn more about the nutrition of fruit and vegetables

