

Nutritious Fruit and Vegetables

For Primary 4 - 6 Students




Can you open all treasure boxes? Please write down the letter of the correct answer on the keys.

Which of the following is approximately equal to "one serving of vegetables"?

B


- A. ½ bowl of cooked sweet potato
- B. ½ bowl of cooked pumpkin
- C. ½ bowl of roasted chestnuts



"An apple" is approximately equal to:

B


- A. 1 piece of small-sized fruit
- B. 1 piece of medium-sized fruit
- C. ½ piece of large-sized fruit



Which of the following is an appropriate way to increase fruit and vegetables intake?

C

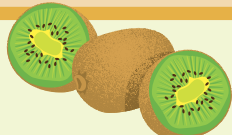
- A. Take fruit jellies as snacks
- B. Eat kimchi or preserved vegetables as appetiser
- C. Take fresh fruit or vegetables as snacks between main meals



How many servings of fruit and vegetables should children aged 6 to 11 eat every day?

A

- A. At least 2 servings of vegetables; at least 2 servings of fruit
- B. At least 2 servings of vegetables; at least 1 serving of fruit
- C. At least 3 servings of vegetables; at least 3 servings of fruit




Let's explore the treasure of fruit and vegetables nutrition together!

