

# Seeds' 5-a-day fruit sticks

Name: \_\_\_\_\_

Seeds knows it is very important for everyone to eat at least 5 pieces of fruit and vegetables every day. They contain lots of vitamins and minerals to keep us healthy, fit and well!

Can you design and make Seeds a 5-a-day fruit stick that he can take on his picnic? Remember, you must carefully plan before you start.

## Seeds' 5-a-day fruit tasting

There are lots of different fruits you could choose to make Seeds' 5-a-day fruit stick. They come in all shapes, sizes and colours of the rainbow. Can you taste the different fruits to decide which ones you will choose for your fruit stick? Write your findings in the boxes below.

What fruit?

What did it taste like?

What fruit?

What did it taste like?

What fruit?

What did it taste like?

What fruit?

What did it taste like?

What fruit?

What did it taste like?

