

Kellogg's head starters



Get your 5 portions of fruit and vegetables a day.

Fruit and vegetables are packed with good things that can help to keep your body fitter, and healthier and help us to feel great. Nutrition experts have worked out that you need at least five portions of fruit and vegetables a day to help maintain that fit feeling. To get the best health benefits, your minimum of 5 a day portions should include a combination of a variety of fruit and vegetables.



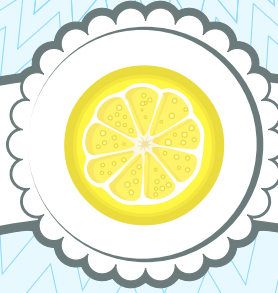
Why not make a pizza topped with loads of healthy ingredients? Peppers, pineapple, tomatoes... it's up to you. Accompany it with a yummy fruit smoothie and follow with a fruit salad and you'll be well on your way to your 5 a day target.

IN THE FIELD OF
SCIENCE AND DISCOVERY,

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HAS BEEN AWARDED THIS CERTIFICATE IN RECOGNITION OF THEIR
OUTSTANDING PERFORMANCE AND DEDICATION IN COMPLETING THE
EXPERIMENTS AND TASKS FOUND IN



YOU HAVE LEARNT DIFFERENT WAYS OF GETTING YOUR 5 PORTIONS
OF FRUIT AND VEGETABLES INTO YOUR DIET



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head starters

KELLOGG'S HEAD STARTERS IS PACKED FULL OF FUN LEARNING
ACTIVITIES TO GIVE YOUR BRAIN A BOOST

IT'S CONSTANTLY GROWING TOO, SO GO REGISTER NOW AT
WWW.KELLOGGS.CO.UK/HEADSTARTERS



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