

30 PLANTS CHALLENGE

Thank you for taking part in the 30 Plants Challenge!

This fun and educational challenge is designed to encourage children to try a variety of plant based foods while developing healthy eating habits.

The aim is simply to try and eat 30 different plant foods over the summer and colour in each food as you go!

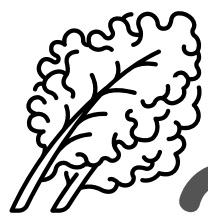
From fruits and vegetables to herbs, grains, beans, seeds and spices - there are so many exciting and tasty options to explore!

How to use the sheet:

- Colour in each plant after your child has tried it
- Use the sheet to spark conversations about food variety and where plants come from
- Take your time - introducing new foods can take time and finding creative ways to include them can be fun! (blending, cutting in different shapes etc)
- Share your progress photos or favourite meals with us to be included in our social media group updates

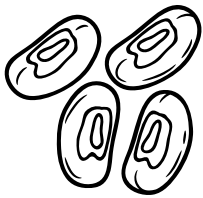
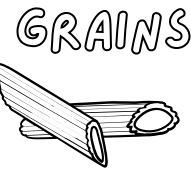
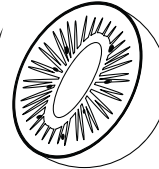
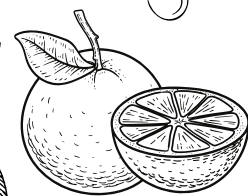
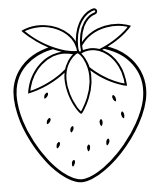
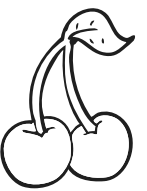
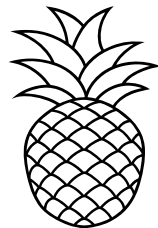
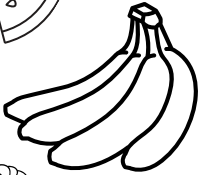
Important Safety Information:

- Supervision is essential - Always supervise children while eating, especially young ones or those trying new foods.
- Be mindful of choking risks - Some plant based foods (e.g Whole grapes, cherry tomatoes, nuts, raw carrots) can be choking hazards. Ensure foods are cut into age-appropriate sizes and prepared safely.
- Watch for allergens - Introduce new foods one at a time and consult a healthcare provider if you have any concerns, especially with foods known to be common allergies.
- The challenge is intended to encourage variety not pressure. Make it fun and stress free!

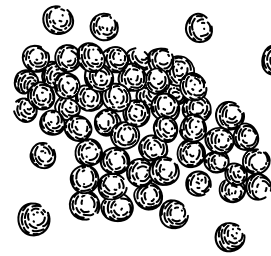
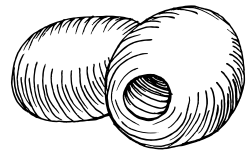


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FRUITS



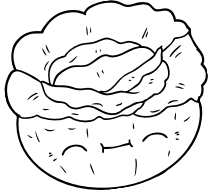
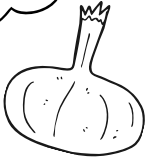
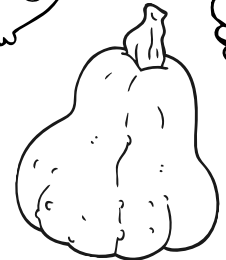
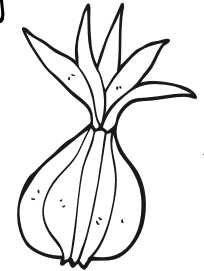
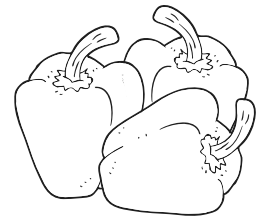
LEGUMES



NUTS & SEEDS



HERBS AND SPICES



VEGETABLES

COLOUR THE PLANTS
THAT YOU EAT



30 PLANTS CHALLENGE

DRAW THE PLANTS
THAT YOU EAT