

Stop sickness

Fruit & Vegetables



Fruit & Vegetables





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Great for your mind



Important for your mental health

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To provide poster which promote fruit & vegetables.

The posters promote the importance of eating vegetables especially in regards to mental health and stopping sickness.

Target group:

This resource is designed for use with Australians of all ages.

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