

Gryffindor



Hufflepuff



Harry Potter

Ravenclaw



Slytherin



coles  
MAGICAL  
DISCS

# Hogwarts Fresh Food Challenge

Earn 100 points by eating different fruit and veg to win your family's House Cup

Name:

Hogwarts House:

## Fruit

1  
point

Try and eat  
2 serves of  
fruit a day  
One serve of fruit (150g)  
is a cup of berries or  
a medium apple



Banana



Blackberries



Pineapple



Pink Lady Apple



Raspberries



Rockmelon



Strawberries



Watermelon

Discover the  
magic of  
fruit and veg

## Veg

2  
points

Try and eat  
5 serves of  
veg a day  
One serve of veg (75g)  
is a cup of salad or  
half a cup of  
cooked veggies



Avocado



Beetroot



Broccoli



Brussels sprouts



Capsicum



Carrot



Cauliflower



Celery



Cucumber



Corn



Eggplant



Kale



Lettuce



Mushroom



Pumpkin



Sweet potato



Spring Onion



Tomatoes



Washed Potato



Zucchini

Any fruit and veg can earn you points, these are just some suggestions.



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Fill in as you earn points to reach 100 points first

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100

