**Task 1:**

As there are lots of types of fruit and vegetables, you will definitely find some you enjoy.

A portion is the amount of food you can fit on your palm so the bigger you are the larger the portion.

We are sometimes told to eat a rainbow since different coloured foods can be super healthy.

While you are preparing breakfast, throw in some berries or sliced banana.

As school meals follow healthy rules, there will always be fruit and vegetables on the menu.

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