

Join up the dots to help Mr. Strong collect the foods that contain vitamin D* to help him grow strong and tall!

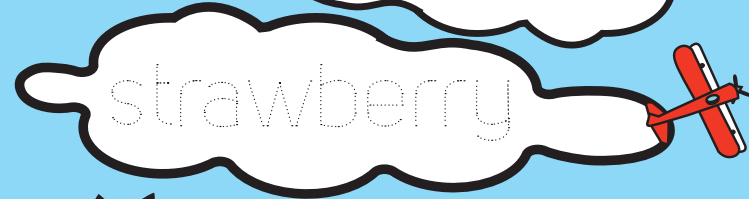
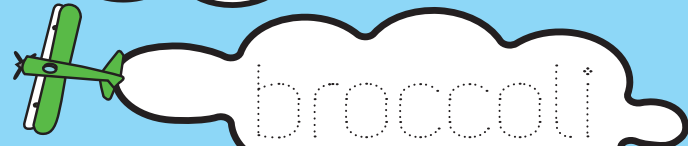


Vitamin Fact!

Do you know my secret?
I have vitamin D which helps
the growth and development
of healthy bones and teeth



Mr. Sneezee comes from a very cold town called Coldland! Help Mr. Sneezee by writing in these foods with vitamin C that help support his immune defences, even when it is cold!



Your Haliborange vitamins chart

We have created this vitamins chart to help you and your child record the number of vitamins they've taken, in a fun and interactive way. If your child has taken a vitamin, get them to colour in the star on the chart!

Parents section

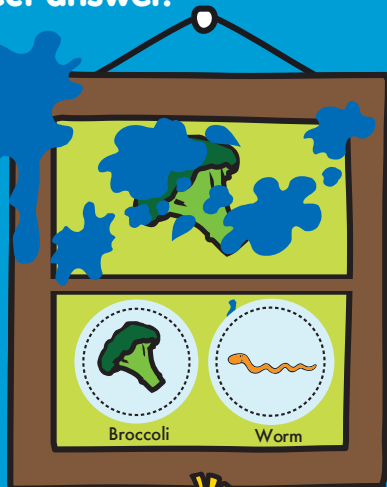
PUT ME ON
YOUR FRIDGE
AND USE ME
EVERY DAY!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	★	★	★	★	★	★	★
Week 2	★	★	★	★	★	★	★
Week 3	★	★	★	★	★	★	★
Week 4	★	★	★	★	★	★	★



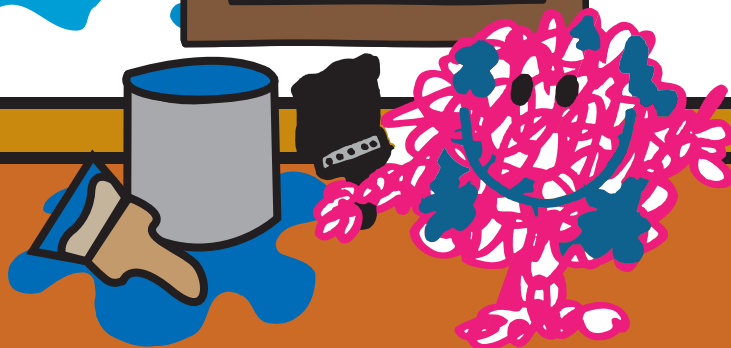
Congratulations! you have collected.....stars
this month

Oh no! Mr. Messy has splatted paint around and can't see his pictures anymore. Can you help him work out what is underneath the paint? Circle the correct answer.

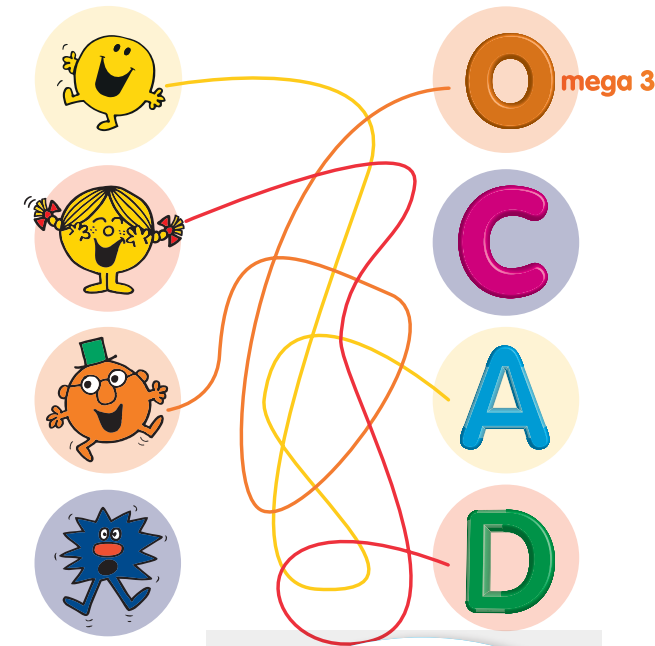


Vitamin Fact!

Vitamin A helps support normal vision. It is found in carrots and broccoli.

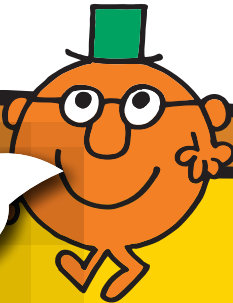
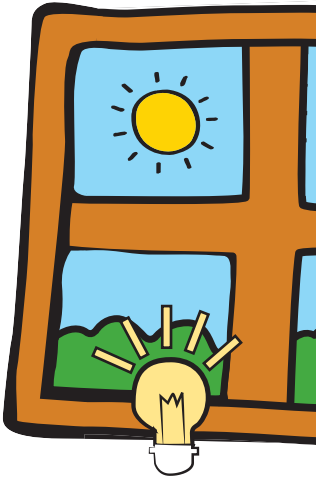


Mr. Sneeze feels unwell. Help him to find his way to vitamin C!



Vitamin Fact!
Vitamin C helps support the immune system, helping you stay healthy!

Mr. Clever is quite the cleverest person. Help Mr. Clever colour in the foods which contain omega 3!



Vitamin Fact!
Omega 3 DHA* contributes to maintenance of normal brain function and is found in oily fish !

Hint for parents: colour in the fish in the fridge

* Research has shown that eating 250 mg daily of DHA as part of a healthy lifestyle contributes to normal brain function.