

# Rosellas & Lorikeets – The Frugies

Nadia from the Frugies emphasized the importance of eating 5 vegetables and 2 fruits everyday and that all the vegetables and fruits make up the colours of the rainbow. The children were involved in dancing and singing. They learnt about the magic power of fruit and vegetables, the vitamins we derive from them and how they assist the body in repair work. This helped to consolidate the areas we had been discussing in our groups as well as being a great deal of fun

