



Will your taste buds complete  
**The BraveBuds**  
**Challenge**  
 and earn their bravery award  
 certificate?\*

Exotic Fruits  
 see  
[www.metabolic.ie](http://www.metabolic.ie)

**The BraveBuds Challenge**

Name: \_\_\_\_\_

\* certificates issued in clinic at end of year on submission of a completed chart