



Will your taste buds complete The BraveBuds Challenge

Penny and Paul are doing the Bravebuds challenge and they want **YOU** to join them!

We want you to challenge your taste buds with new fruit and vegetables!

Why take part in the challenge?

As we all know fruits and vegetables are full of vitamins and minerals which keep you healthy and give you energy to learn, play and grow. They are a very important part of the low protein diet because lots of fruits and vegetables are naturally low in protein and therefore can be eaten 'freely' in the diet.

How do I take part?

- Follow the star chart and try one new fruit or vegetable each week (on your last week you get to choose which delicious fruit/veg to try – so get thinking!)
- Remember to properly challenge your taste buds you need to try a new food **at least 3 times!**
- Complete the star chart and at the next clinic appointment you will be awarded a certificate for completing the Bravebuds challenge!

For even more fun -

Why not get yourself a brave 'buddy' to do the challenge with – ask your brother/sister or a friend.

Remember to check our website for short blog posts with some interesting [fruity facts](#), cool colouring pictures and [veggie-tastic recipes!](#)

