



Will your taste buds complete The BraveBuds Challenge

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

What is the Bravebuds challenge?

Over the next year, we want you to challenge your taste buds with a variety of fruits and vegetables. Each month we will post a new fruit or veggie for you to try and post a short blog with interesting facts, colouring pictures and recipes.

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?

- Stay tuned on our website each month to find out if we are going to have a fruitalicious month or a month of veggiemania!
- Try the special fruit or vegetable throughout the month – Remember to properly challenge your taste buds you need to try a new food **15 times!**
- Go to our website and find the link to a chart designed to help you keep track of all the different fruits and veggies you have tried.
- Fill in the chart throughout the year 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.

