

Dear _____,

At school, we have learnt that eating 2 serves of fruit and 5 serves of vegetables every day is very good for your health. Eating fruit and vegetables also helps you to concentrate for longer.

This week is **Fruit 'n' Veg Week**. I would like you to have a Fruit 'n' Veg break at work today. Here is _____ for you to eat during your Fruit 'n' Veg break.

I hope this makes you feel GREAT!

From _____



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