

## ***Naidoc Celebrations***

What a great day of celebration we had at THPS last Monday 16 June. All students who attended the Philip Green show were captivated by what they saw, heard and got to touch. Philip was an excellent presenter who had a wealth of knowledge to pass onto the students.

After lunch we took a photograph made up of our students and staff wearing either black, yellow or red to make the Aboriginal flag.

***Paula French***  
***Teacher***

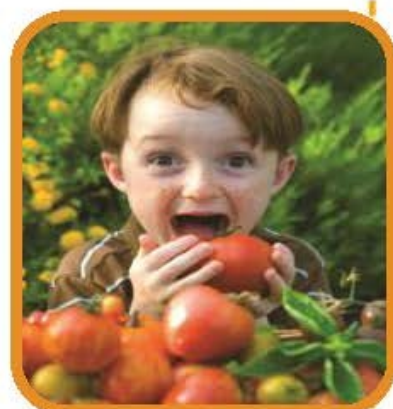




# The simplest way

to see if you're eating enough fruit & veg.

Take the Fruit & Veg Challenge!  
Write down everything you ate and  
drank yesterday and see if you got the  
**2 serves of fruit** and **5 serves of veg**  
you need:



Here is an example:

*Drinks:* 2 cups of tea, 2 x 125ml glasses of OJ, 3 glasses of water

*Snacks:* 1 tub yoghurt, 1 banana, 2 biscuits

*Breakfast:* 2 slices toast with butter and jam

*Lunch:* 1 medium potato with tuna and cheese, 1 apple

*Dinner:* Macaroni cheese, ½ cup peas, 2 slices garlic bread

This person ate 3 serves of fruit (juice only counts as one serve) but only 3 serves of veg. If you're eating less fruit or veg than you need, have a think now about how you can eat more.

**For more information visit**

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