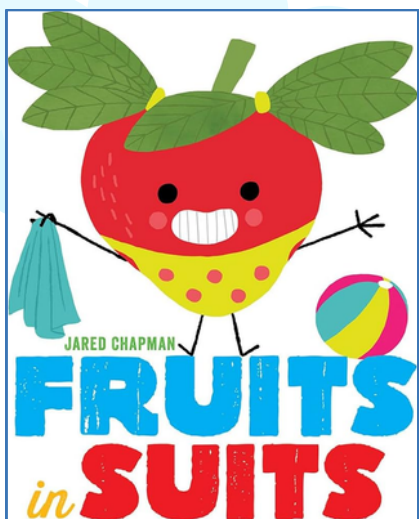


Book Suggestion – Fruits



Fruits in Suits

by Jared Chapman

Ages: 3 - 5 years

Banana's in bikinis? Grapes in goggles? In this playful and colourful summer read, kids will discover all the silly and stylish swimsuits fruits can wear. Along with the fun, they'll also get to know different kinds of fruits!

Activity

Fruits are full of vitamins and fibre that help keep your body healthy and full of energy, so let's make a fruit salad!

Gather all your favorite fruits and place them in a big bowl. With the help of a trusted adult, carefully wash and cut the fruit into bite-sized pieces. Mix them all together to create your very own delicious and colorful fruit salad.

Enjoy your creation with family or friends!

