

## Sea and Learn – Healthy Eating in Nelson's Navy

Did you know that sailors who went to sea in the 18<sup>th</sup> Century ate very well? They had three meals a day with plenty of food to eat. Fresh fruit and vegetables were on the menu as often as they could be brought on board.

We should try to eat at least 5 fruits and vegetables every day to help keep us healthy.

In the circles below, draw and colour your 5 favourite fruits and vegetables. Why are they your favourite?

### My 5 Favourite Fruits and Vegetables

