



# Crunch&Sip<sup>®</sup>



Name:

School:

Year level:

Prove you are the ultimate Crunch&Sip-per by taking part in our fun four week **Crunch the Rainbow Challenge**.

Show us the colours you are eating by colouring the vegie (**V**) and fruit (**F**) shapes with the colour of the foods you eat for Crunch&Sip<sup>®</sup> each day.

### Aim for a rainbow!

Don't forget to sip some water too and colour in the water drop!

Remember to be brave and try some new vegies and fruits. Colour in a star each time you try something new.

Monday

Tuesday

Wednesday

Thursday

Friday

Date:



Date:



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Enter the draw to win an awesome Crunch&Sip<sup>®</sup> prize pack by sending your completed challenge sheet to [schools@cancerwa.asn.au](mailto:schools@cancerwa.asn.au) or mail to Crunch&Sip<sup>®</sup>, Level 1, 420 Bagot Road, Subiaco WA 6008.

