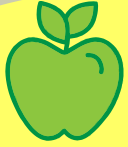


# Let's do it Dudes!



The Food Dudes Programme started in St. Paul's at the start of May. It has been a huge success! The children are fighting General Junk by eating lots of fruit and vegetables and getting some brilliant prizes as they do it! There are lots of healthy children in the school who are full of vitamins and nutrients from all the fruit and vegetables they are eating. As a result the children have much more energy and are learning new things and doing lots of exercise! Well done to the Food Dudes Committee for distributing the food every day... (Jordan Preece and Sophie Inglis are missing from the picture)



## Have a read of what some of the Committee have to say about the Food Dudes...

All the children in St. Paul's love Food Dudes and you should too! It helps you to be strong and healthy! Together we can change the life force!! Eat all your fruit and veg every day because it is good for your bones, skin and hair! We all hope you now like all the fruit and vegetables that you have tried. The different varieties of fruit and vegetables are so cool, so let's make ourselves Food Dudes Forever! Thank you for all your help! General Junk will be gone forever! You did it Dudes! Don't let those punks near our fruit and veg! Do it Dudes! Crunch!

***By Emily Nannery, 3<sup>rd</sup> Class***

The Food Dudes was a great success! The fruit and veg we ate were very nice and fresh. We ate carrots, peppers, raisins and cucumber. The fruit we had were apples, oranges, tomatoes and bananas. I hope you had a nice time eating the fruit and veg!

***By Jack Gleeson, 3<sup>rd</sup> Class***

On the 5<sup>th</sup> of May we started a healthy eating programme called Food Dudes. We give out the fruit and veg every day. To claim a prize all you have to do is eat a portion of the food that we give you. It's so easy! There were cool prizes like a food dudes pencil case, a rubber, a water bottle, roller stamper, colouring pencils, stencil, pencil top, step counter, ruler, juggling balls and some cards! I know, so cool!

***By Sophie Inglis, 3<sup>rd</sup> Class***

I think the Food Dudes is a great idea because it gets kids into eating more fruit and veg. I like being on the Food Dudes Committee because you get to hand out fruit and veg to the children in the class and it's lots of fun. I used to hate oranges, but now because of Food Dudes I love them! But, I still hate tomatoes! There are lots of cool prizes! My favourite prizes were the pedometer and the pencil case. In Phase One we only had to try the fruit and veg for the first four days and then after that we had to eat it all. In Phase Two, we still have to eat the full portion and we bring the fruit and veg in from home.

***By Daragh Casey, 3<sup>rd</sup> Class***



