

Catch an apple

Ola Nyrka 3c

Aim and for whom

- encouraging people to eat healthier
- teaching students how fruits influence their mood
- convincing **everyone** that fruits can taste better than fast food



OK, but... why?

More and more people think that preparing healthy meals takes up a lot of time. That's not true.

Instead of eating sweets for a snack during the day you can quickly make a fruit salad. Just chop bananas, apples, oranges or any fruit you want.

Form – giving out fruits

I started with a head teacher permission to finish a project.



I distributed leaflets which informed when and where it would take place.



Then I asked my friends for help.

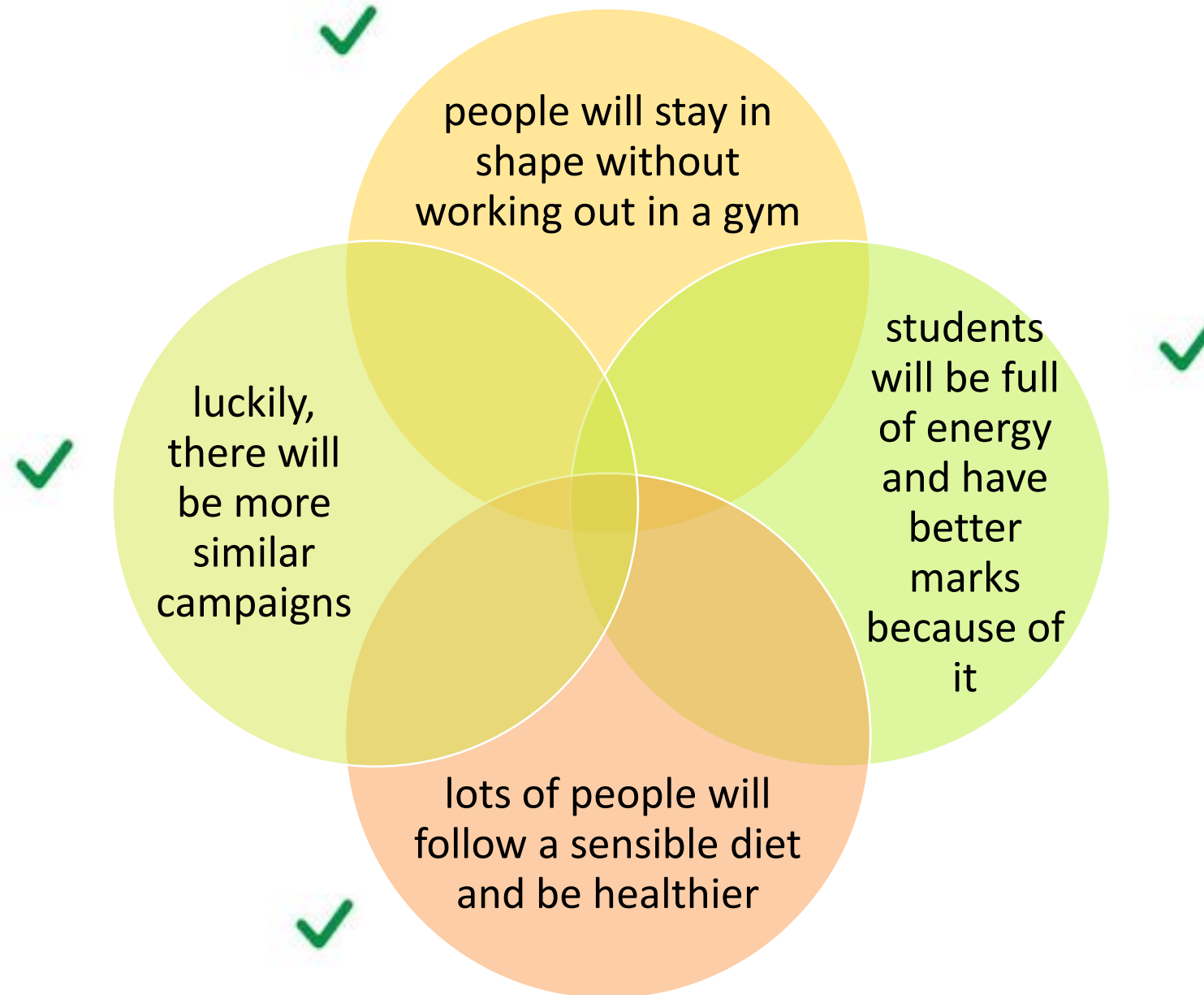


Next step was to buy, chop and pack fruits in a plastic cups. Fruits: apples, oranges, bananas, strawberries, pears, raspberries etc.



Finally during a long break I was distributing fruits to everyone who came to the floor A near the mirrors.

Results





Enjoy your
fruit