

# EAT THEM TO DEFEAT THEM

NAME: \_\_\_\_\_  
 \_\_\_\_\_ is helping to defeat them

## DEFEAT THEM ALL!

**GET STARTED** - stick your chart in a place of pride so everyone can track your progress.

**TAKE ON THE VEG** - every time you eat any veg, colour in a block on your chart. If you try something new, you can fill in two!

**LEVEL UP** - at each level choose a reward for your efforts! Like a trip to the park or a sleepover with a friend.

**REPEAT** - want to keep up the good fight? Go online to download a new chart at [www.vegpower.org.uk](http://www.vegpower.org.uk).

#EatThemToDefeatThem

