

SA Health Radio Script

Product Serves
Length 30 Seconds
Title School

VO: Think of all the random facts you were forced to learn in school...

Like the only mammal that can't jump is the –

Kids: *(recite together)* elephant!

VO: The surface area of a brick is –

Kids: *(recite together)* 79 centimetres squared!

VO: Or the planet with 27 moons is –

Kids: *(recite together)* Uranus! *(giggles)*

VO: But did anyone teach you what one serve of vegies looks like?

Kids: Ummm?

VO: I don't think so.

One medium potato is a serve. Half a cup of cooked vegies or a whole cup of fresh vegies is also a serve.

So now you know how to Go for 2&5.

End tag: A message brought to you by S.A. Health.