



MORE FRUIT  
AND VEGGIES

## ORANGE WRESTLERS

Fruit is an important part of a balanced diet.  
Pressing fruit is a fun way to test your strength.

We have created fun templates that will give you ideas  
of how to transform oranges and other fruits into fun wrestlers.

Use the inspiration from our templates and create your own  
wrestlers! Kids will have to juice-wrestle with the orange fighters  
you created to squeeze out all the juice! It's a fun way to get kids  
excited not only about vitamin filled fruit but also with the idea of  
eating a good breakfast on the weekend.

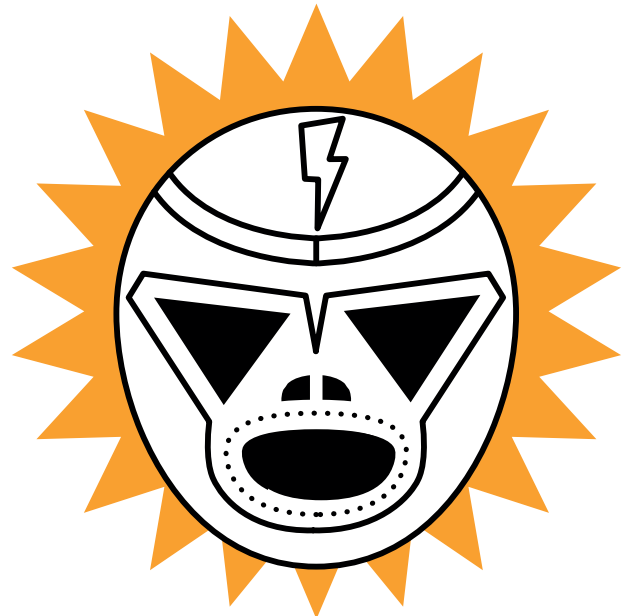
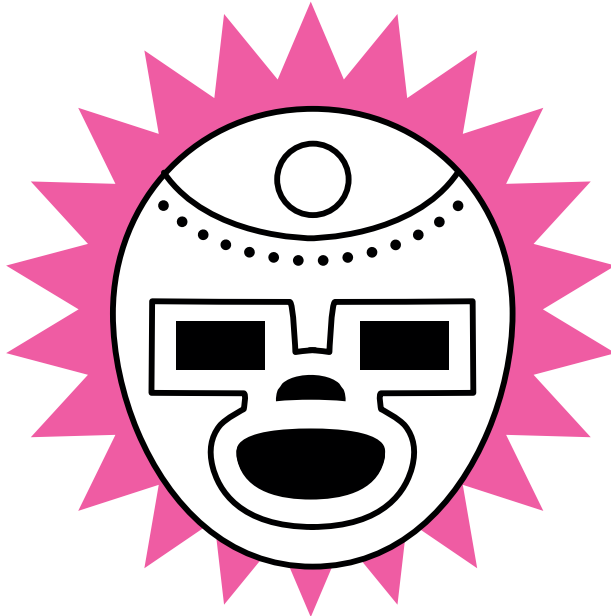
NESTLÉ for  
HEALTHIER KIDS 

### What you need:

- ▶ Marker
- ▶ Orange
- ▶ Juicer

### How it works:

- ▶ Pick one of the wrestlers.
- ▶ Get an orange and draw the face of the wrestler on it.
- ▶ Cut in half and put on the juicer.
- ▶ SQUEEZE!





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