



Fruitful 3 in a Row Challenge!

60 winners will receive a fruit pack! worth \$8.50

*Terms and Conditions apply

Complete a full line, horizontally, vertically or diagonally.

Submit your entry to uhc_wellness@nus.edu.sg by 27th February 2026



True or **False**

Kiwi has more Vitamin C than a whole orange.



True or **False**

Drinking lemon water in the morning helps hydrate and aid digestion.

Make an **Avocado dish/salad**

Share a photo of yourself enjoying it!



Which **nutrient** are avocados especially high in?

Make an **Healthy Lemon dish/salad**

Share a photo of yourself enjoying it!



True or **False**

You should never eat kiwi skins.

Make an **Kiwi dish/salad**

Share a photo of yourself enjoying it!



True or **False**

Avocados can support eye health.

Which **vitamin** is found in abundance in lemons?

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- Eligible for all current NUS staff only.
- Submissions are only accepted from a valid NUS email address and must be emailed to uhc_wellness@nus.edu.sg by 27th Feb, 2359 hrs.
 - Submissions may be used by UHC for publicity/ educational purposes on its various social media platforms.
- Sixty correct submissions will be selected at random and will be notified of the prize collection details by the 1st week of March, via entrant's NUS email.
 - Winners are required to acknowledge receipt of UHC's prizes via their own NUS email.
 - Prizes must be collected at the University Health Centre. No prize deliveries will be made.
 - If winners are unable to physically collect the prize, they can have a colleague collect it on their behalf via an authorisation email.
 - No transfer of prize is allowed.
- UHC reserves the right to disqualify submissions that depict brand logos, intellectual property or other forms that in judgement are harmful to public order, violate standards of decency or are contrary to the goals of the contest.
 - In the event a winner is disqualified, uncontactable or have deemed to forfeit his/her prize, UHC at its discretion will select a replacement winner.
 - Staff of University Health Centre are not eligible to participate.



University Health Centre

Skills to Heal Heart to Care



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