

## EDITING 6 (PRIMARY) CORRECTIONS

The adults in **your** life might have told you that fruit and veg helps healthy bodies, but a new study says it's also good for your mental health **too**.

That's according to research by the University of East Anglia which suggests that **children** who eat five or more portions of fruit and vegetables per day have the highest scores for mental wellbeing. The highest results were found in secondary school children.

"We know that poor mental wellbeing is a major issue for young people," said lead researcher, **Professor** Ailsa Welch.

"Until now, not much has been known about **whether** nutrition plays **a** part in children's emotional wellbeing."

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