



Ingredients for Better Living

BIBI'S CANOLA FARM ADVENTURE

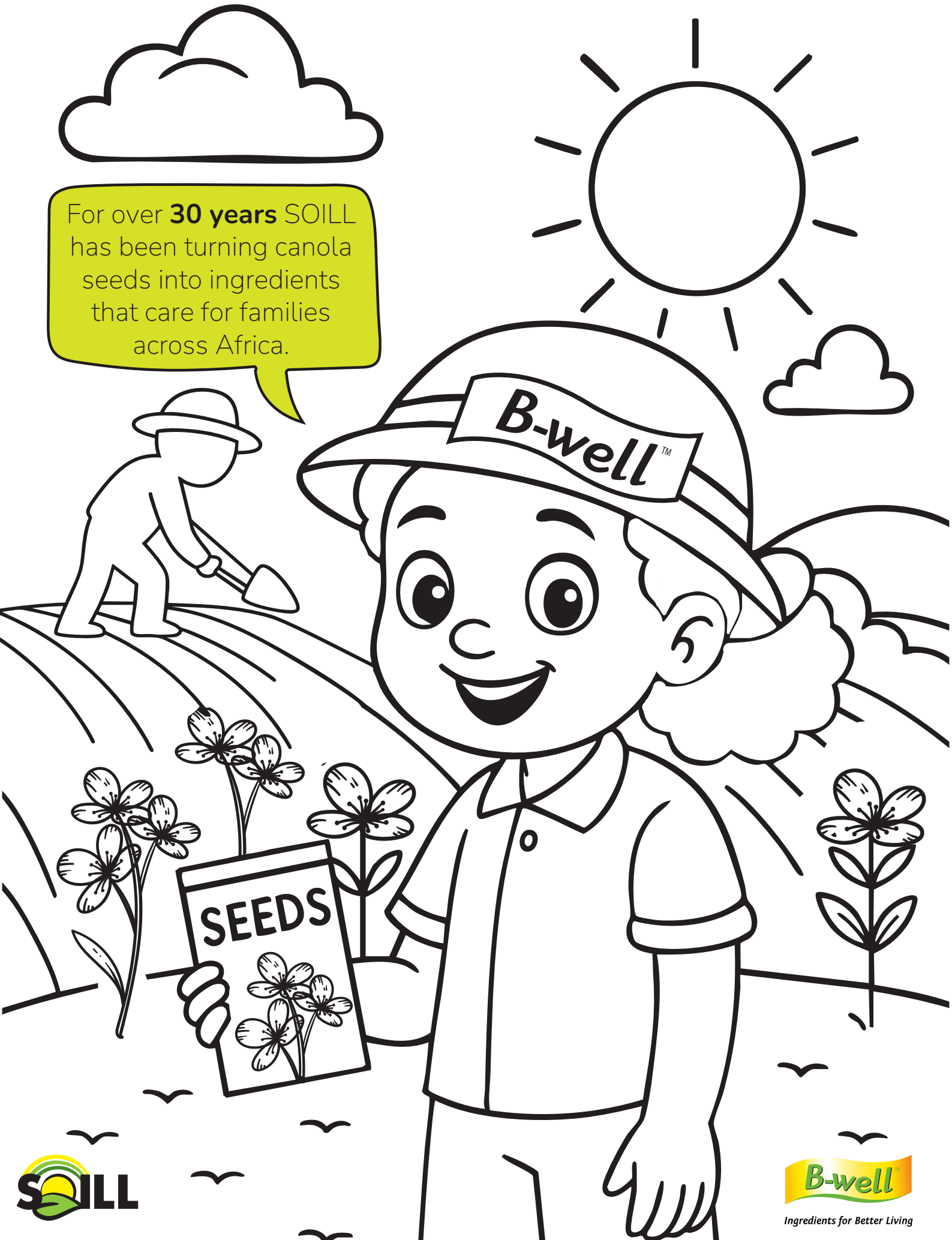


Join me, Bibi, as I explore where canola seed comes from and how it makes food that's good for you.

A SOILL & B-well colouring + activity book

WHERE THE STORY BEGINS

For over **30 years** SOILL has been turning canola seeds into ingredients that care for families across Africa.

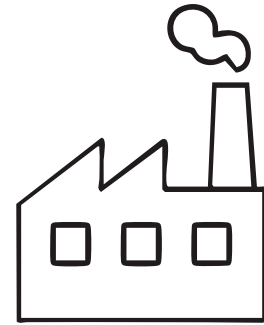


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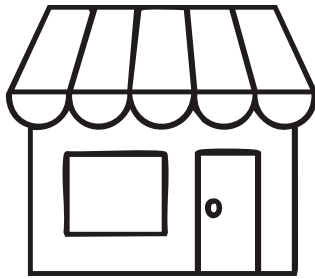
COME EXPLORE WITH ME

FROM SEED TO PLATE

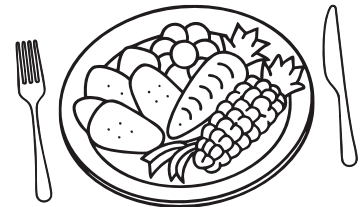
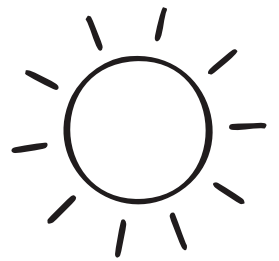
FIELD



FACTORY



SHOP



HOME!

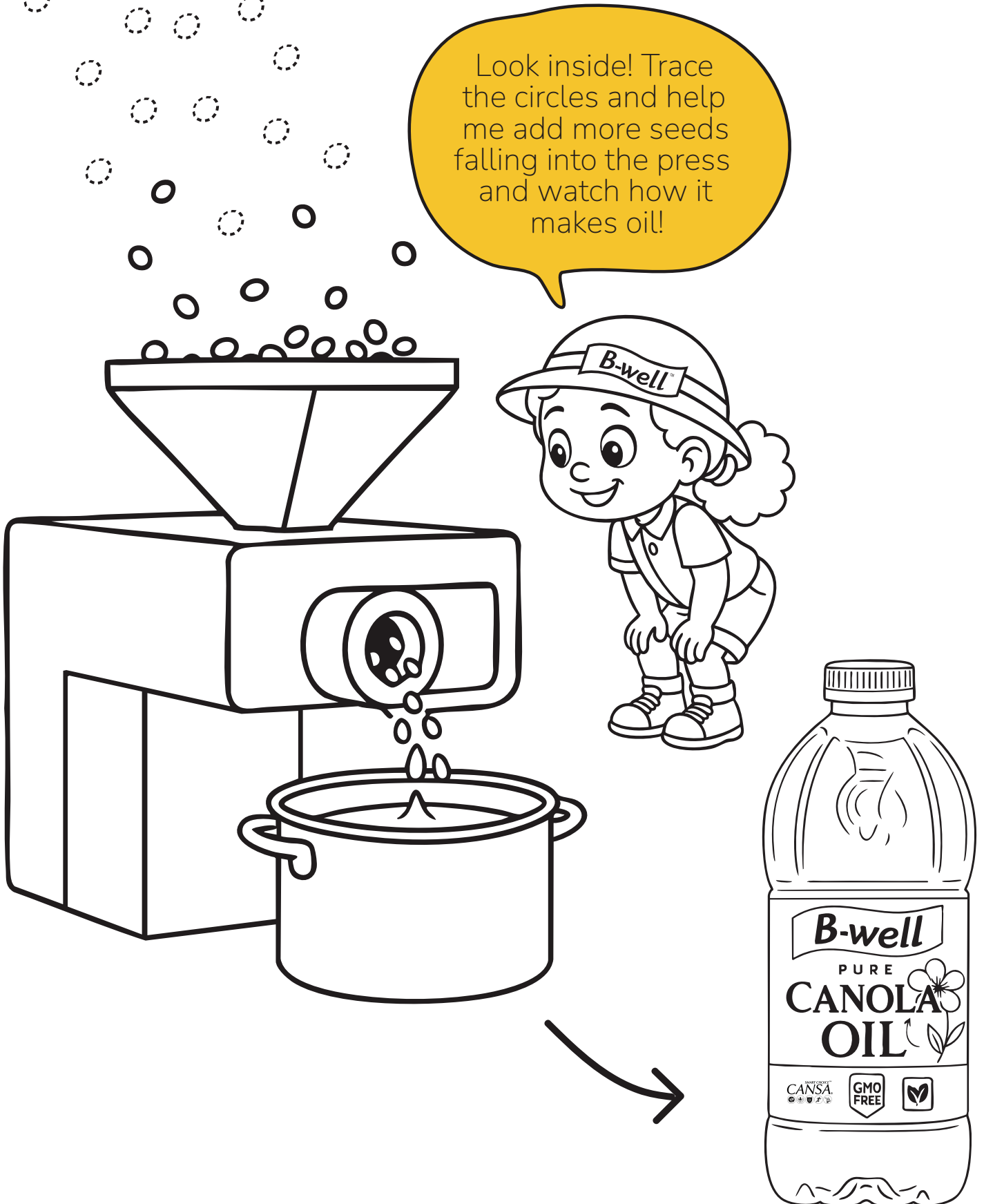


Colour my
map route!

FROM SEED TO OIL

THE JOURNEY CONTINUES

Look inside! Trace the circles and help me add more seeds falling into the press and watch how it makes oil!



FROM OUR FACTORY TO YOUR TROLLEY

Colour the shop shelf and load the trolley with healthy food.



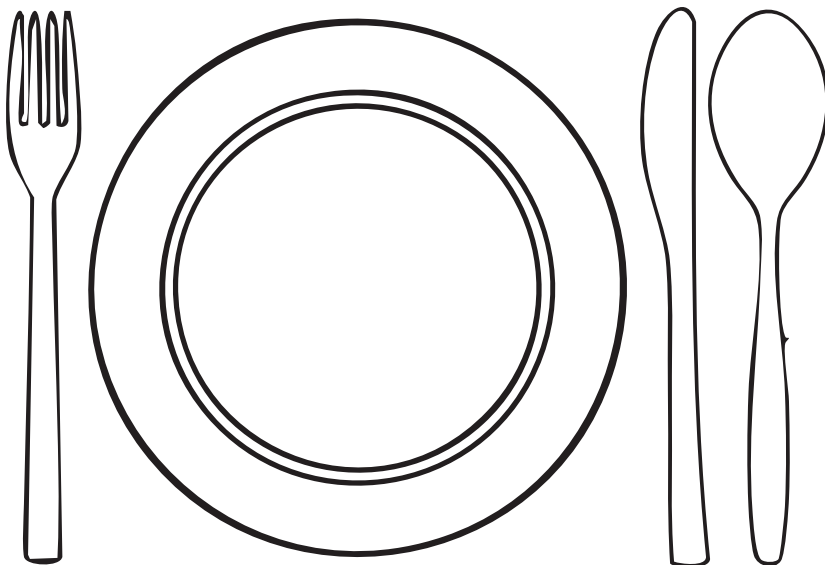
TO YOUR KITCHEN



At home, moms, dads and kids use B-well to make yummy meals. What will you cook today?



Draw your favourite meal on the plate.



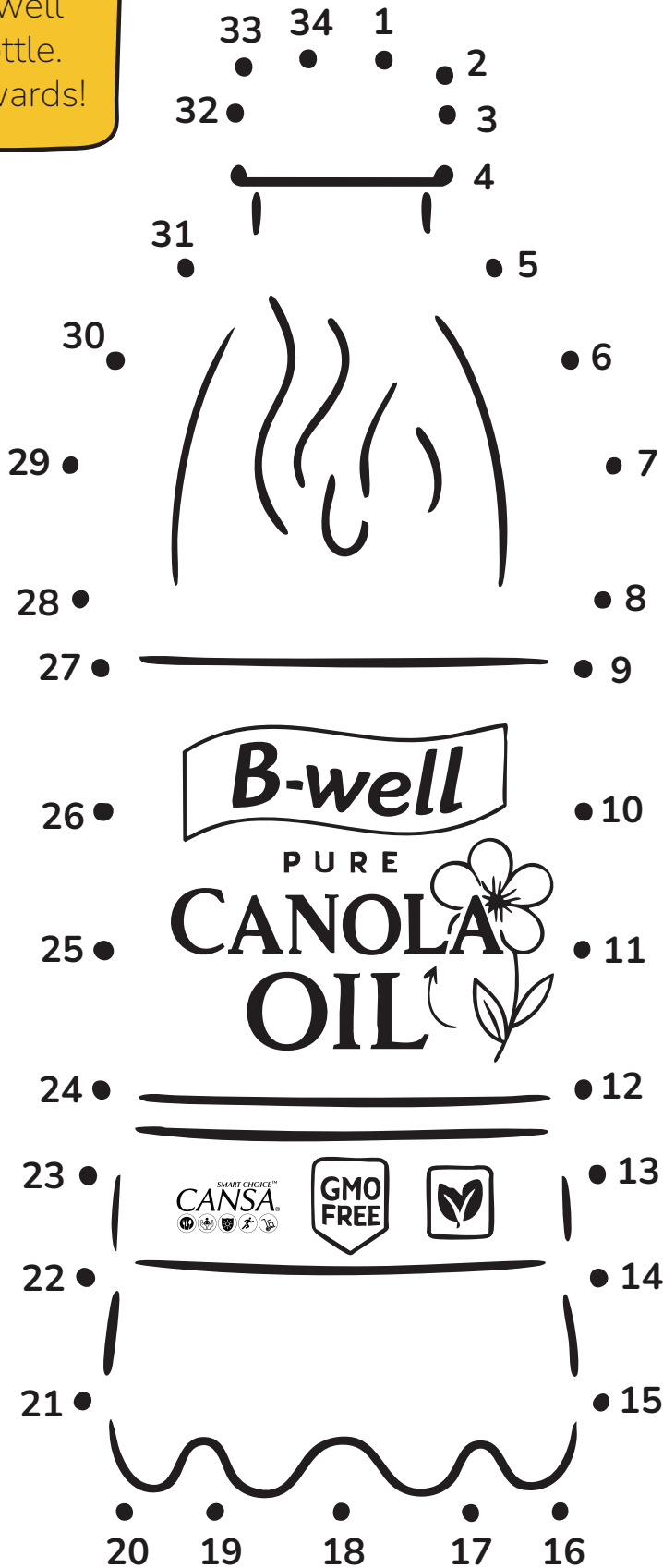
HELP BIBI FIND THE CANOLA FIELD

Help me through the maze to the canola field.



CONNECT-THE-DOTS

Connect the dots to discover a B-well Canola Oil bottle. Colour it afterwards!



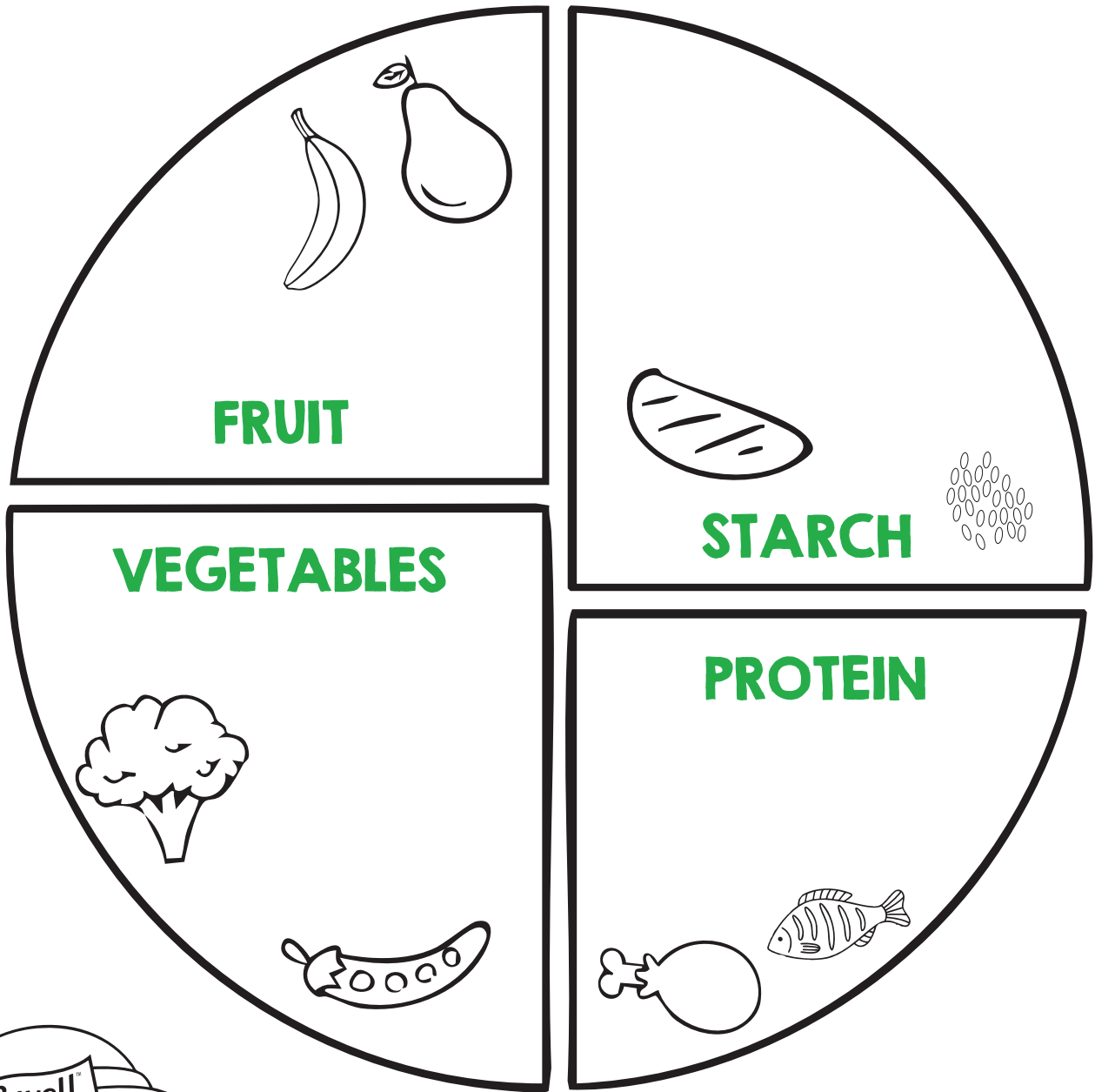
SPOT-THE-DIFFERENCE



Can you find 5 things that are different between the two shop pictures?



DRAW & TELL: MY PLATE



Draw your healthy plate and tell Bibi what makes it healthy.

I put _____

because _____



CONGRATULATIONS

FOR COMPLETING THE SOILL & B-WELL
COLOURING AND ACTIVITY BOOK



CERTIFICATE AWARDED TO:

NAME:

.....

**B-WELL PRODUCTS ARE
APPROVED AND ENDORSED BY:**



APPROVED AS PART OF
THE HEART AND STROKE
FOUNDATION EATING PLAN



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