

Fruitfully Misunderstood, SEEDS DON'T LIE



10 winners will receive
a fruit bag worth \$50

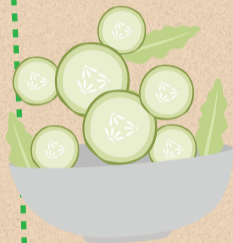
*Terms and Conditions apply

FRUITFUL 4 IN A ROW CHALLENGE!

- 1 Complete a full line, horizontally, vertically, or diagonally
- 2 Submit your entry to uhc_wellness@nus.edu.sg by 17 Nov 2025

✓ **TRUE** or ✗ **FALSE**
Bell Peppers are
spicy?

✓ **TRUE** or ✗ **FALSE**
All tomatoes are red?



Make a
Cucumber Salad
Share a Photo of
yourself enjoying it!

Make a smoothie
containing 2/3 of
the showcased fruits
Share a Photo of
yourself enjoying it!



Make a Tomato
Bruschetta/Pasta
Share a Photo of
yourself enjoying it!

Bell peppers are a popular
diet food as they are
low in
which nutrient?



Which colour
bell pepper is usually
the sweetest?

Which country
grows the most
tomatoes?



✓ **TRUE**
or
✗ **FALSE**
Cucumbers can be
cooked and eaten
warm.

Make a Fruit Platter
containing 2/3 of the
showcased fruits
Share a Photo of
yourself enjoying it!



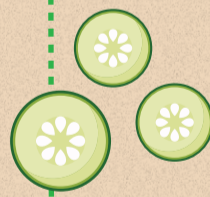
Which part of
the plant
do tomatoes grow on?



✓ **TRUE** or ✗ **FALSE**
Cucumbers grow
underground.

Which vitamin
is found in
cucumbers
(especially in the
skin)?

Make a Stuffed
Bell Peppers
Share a Photo of
yourself enjoying it!



What famous
saying involves
staying cool and
cucumbers?

Which bell pepper
colour usually has the
most nutrients?



*Terms & Conditions

- 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 17th Nov, 2359 hrs.
 - Submissions may be used by UHC for publicity/ educational purposes on its various social media platforms.
 - 10 correct submissions will be selected at random, and will be notified by 28th Nov, via entrant's NUS email.
- 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.
 - Prize collection details will be made known via entrant's NUS email.
 - Winners are required to acknowledge receipt of UHC's prizes via their own NUS email.
- 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
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Skills to Heal Heart to Care

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