

**QLD Health**  
**Go for 2&5 – Substitution**  
**15 seconds**

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Vision: *We see Rolf pop his head out from behind a painting of a bowl.*

Rolf: **How easy is it to top up to 2 fruit and 5 veg?**



Vision: *Rolf zooms around to the front of the picture and paints rapidly.*

Rolf: **Swap your chips for...**



Vision: *Rolf continues to paint, revealing a bowl of roast vegies, then quickly exits.*

Rolf: **...some roasted vegies.**



Vision: *Rolf enters the adjacent screen and see's a painting of a steak.*

Rolf: **Try...**



Vision: *He reaches in and adds some more paint.*

Rolf: **...a new salad...**

Vision: *The painting now has salad on the side.*

Rolf: **...with your steak.**



Vision: *We cut to a picture of a breakfast bowl,  
Rolf enters inside the picture.*

Rolf: **Or bung some banana...**

Vision: *Rolf drops some sliced banana into the bowl.*

Rolf: **...in your breakie bowl! Fantastic!**



Vision: *Go for 2&5 and state logos.  
[www.gofor2and5.com.au](http://www.gofor2and5.com.au)*

VO: Helping Queenslanders become Australia's healthiest people.



VO: Authorised by the Queensland Government, Brisbane.

Vision: *Government Authorisation.*

*Spoken by R. Harris and J. Blogs.*