Facts about healthy eating:

56% of primary school and 80% of high school kids don't eat the recommended amount of daily fruit and vegies.

Eating fruit and vegies every day helps reduce your chance of getting some forms of cancer, heart disease, being obese and getting high blood pressure.

Daily physical activity improves kids muscles and bones develop well. Daily physical activity also helps you keep a healthy weight and grow healthily. It is recommended to do over 1 hour of physical activity a day.

If you drink tap water or milk the fluoride can help build up teeth and bones.

Soft drinks have around ten tablespoons of sugar. Drinking any sweetened drinks can improve your chances of getting tooth decay, poor appetite and putting on weight. These drinks all contain caffeine which is an addictive stimulant drug. If you drink caffeine you are likely to get your bone fractured because of the uncontrollable unnatural energy put into you. Parents should not buy these addictive drinks.

What you can do to stay healthy:

Eat healthy!

The Department of Health and Ageing recommend that you eat 2 serves of fruit and 5 serves of vegetables every day.

Stay Active!

Moderate Activities make your heart beat faster and faster.

Vigorous Activities make you huff and puff faster.

<table>
<thead>
<tr>
<th>Moderate Activities</th>
<th>Vigorous Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking fast</td>
<td>Organised sports</td>
</tr>
<tr>
<td>Bike riding</td>
<td>Running/chasing friends</td>
</tr>
<tr>
<td>Skateboarding</td>
<td>Swimming laps</td>
</tr>
<tr>
<td>Dancing</td>
<td>Star jumps</td>
</tr>
<tr>
<td>Playing on park equipment</td>
<td>Skipping</td>
</tr>
</tbody>
</table>

The food pyramid shows you how much of some things you should eat per day.

One serving of fruit equals one medium sized apple. 2 small fruits equal the same as 1 serving or 1 can of tinned vegetables.

One serving of vegetables equals the same as 1 medium sized potato or 1 cup of...
By Dylan Antoni

KIDS FOOD FOR HEALTH

www.healthycareers.nsw.gov.au

Healthy Kids New South Wales (website)

blogs.healthcareers.nsw.gov.au

Kids Eat Healthy (website)

Healthy Fast—Healthy Global

This information is brought to you by:

State and Territory health departments

An Australian Government initiative.
Foods To Limit.
Bad foods are not an essential or necessary part of a child's diet. Bad food is full of fat, added sugars and added salt. If children choose to eat bad food they should only eat a small portion and very rarely.

EXAMPLES OF BAD FOODS
• Sweet biscuits, cakes and desserts.
• Fried food and pastries.
• Sugar sweetened cordials, soft drink and sport drinks.
• Ice-cream, confectionary and chocolate.
• Cream and butter.

Good Food Choices.
Fruit and vegetables are the best choice of food that children can eat. Children should have a wide variety of fruit and veg to choose from.

GOOD FRUIT CHOICES
• All Berries
• Apples
• Bananas
• Grapes
• Kiwi Fruit

GOOD VEGETABLE CHOICES
• Lettuce
• Cucumber
• Pumpkin
• Cauliflower
• Cabbage
• Capsicum

Copyright Maeve Cruse
Portion Size

Cereals are Weet-Bix and best bread to eat. The best also good. Whole-grain is the best cereal. Bread and cereal are with a big choice of fruit. Fruits into and a fruit platter. Jow fact dip to dip the Vive vegetables cut into sticks with eat as well. Snacks like vegetables that are good to vegetables that are fruit and these are other fruits and are very as cauliflower, potatoes, such fruits and vegetables such. All fruits and vegetables such.

Healthy Kids

Keep Kids What Will

Healthy Kids

Why it Will

Did You Know?
**Guide to Healthy Eating!**

Vitamins are good for you. Try healthy eating too!

By Tash and Claudia!

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**Food Circle**

The food circle is very useful because it helps you make healthy choices on what you eat so you can get the nutrients you need. You should eat more of what is in the bigger sections and less of foods high in sugar and fat.

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**Facts:**

- These are the definitions of nutrients:
  - Fibre: Helps food travel through your body.
  - Carbohydrates: Helps your body produce energy.
  - Vitamins: Helps you grow.
  - Protein: Helps your organs function.

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**Fun Facts:**

1. Cabbage has 90% water.
2. Avocados, onions, and potatoes all taste the same! Pinch your nose and try it!
Enjoy eating together and place in the wraps.

Method:
1 packet of wraps
1 tsp spoon of French mustard
1/2 tsp spoon of vinegar
1/2 cup of plain yoghurt
1 bunch of coriander
1 red onion
1 bunch of mint
1 beetroot
1 bag of olive oil
1 pear

Rainbow Wrap

Recipe

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Rainbow Wrap

Recipe

The perfect meal.
A nice bowl of pasta or a roast is
light and simple.

You can explore so many food combinations

Put some vegetables on a chopping board. For dinner a

chicken sandwich or burger flipped with

a combined amount of fruits, vegetables

For lunch and afternoon tea, you should have

grains, what and cheese.

For breakfast you should have loads of

mains, minis, fish, meat, dairy and grains.

A lot of these foods include boards of vita-

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