



Healthy Eating Action Plan

1. Eat more fruit. Add some fruit to your breakfast cereal, or make some fruit kebabs.
2. Eat more vegetables. Snack on cut up vegetables with your favorite dip or add them to your salad. See who can crunch a carrot the loudest.
3. Eat lots of healthy grains. Enjoy a bowl of pasta with tomato & vegetable sauce. Make different sandwich shapes with cookie cutters on your wholegrain bread.
4. Drink lots of water. This is great for keeping your insides clean, clear and healthy.
5. Eat less fat, salt and sugar. Chips and chocolate are full of these. Fruit or vegetables are always a healthier snack option.
6. Eat less processed foods like sausages, chips and processed cheese. Fresh is best!
7. Always eat breakfast! Breakfast is the most important meal of the day, it gives your body nutrients and helps you perform at your best throughout the day.
8. Ask mum or dad to shop for food locally. Try to buy from local Farmer's Markets. Try and keep the food miles low and keep your carbon footprint to a minimum.
9. Ask mum or dad if you can start your own veggie garden. Go to the local nursery and buy some herb or veggie seeds and plant them in a pot planter or in your own backyard.
10. When you can, choose organic foods. Keep your body clear of artificial chemicals and pesticides. Keep away from artificial colors and flavors too!!!