



The 4 Week Challenge
becoming **SUGAR AWARE**

a resource of Youth Health Champions
www.youthhealthchampions.com

Youth Health Champions is a series of 4 week challenges

Challenge 1, *becoming* **SUGAR AWARE**

A project of Amélie Falzon

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Youth Health Champions



wear your **WHY**

Focussing on prevention is so important. Your Health and the Health of your environment interconnected with the Planet.

- **Green:** Go, Green Dot Foods, Environment
- **Y:** Symbolise the “Why” health is important
- **Circular:** The planet
- **Simplicity:** Being healthy doesn’t have to be complicated
- **Balance:** Balance of diet, Balance of the ecosystem

Principles *of a* Youth Health Champions *the* **WHY**

"My goal is to educate youth on the value of healthy habits for our body and our planet."

Amélie Falzon, Founder.

My journey to being sugar aware began before I started school. I loved being outside surrounded by nature, climbing trees, planting flowers, and making my own vegetable gardens. As I grew, so did my interest and passion for this beautiful planet that we live on.

I understood the connection between planet health and our own Health and how important it is to have fresh food and water. I know the impact of eating foods high in manufactured sugars, fats, and pastries and I am aware of what I am putting into my body.

Both my farther and my grandfather were diagnosed with diabetes which is a disease they developed through poor food choices - putting too much sugar into their bodies.

This disease is preventable, which means I can make choices NOW when I am still young and grow up to be healthy, strong, and living my best life.

So, I became Sugar Aware, and I would like to share this with you, my learning, challenges as well as the benefits of choosing to be a Youth Health Champion!

I am now working with, Educators and Health Professionals to achieve my goal is to educate young people on the value of healthy habits for our body and our planet.

One simple big step is to become Sugar Aware, and I invite all students from Bases 3 to 7 to Join-In.

Food *of a* **Youth Health Champion** *the* **WHAT**

In the leadup to the 4 Week Challenge, you will be given a Food Diary which we will use to record what we eat and your experience of being Sugar Aware.

Tasks *of a*

Youth Health Champion

what we DO

Over 4 Weeks, we will;

- replace one sugary food for the month with a NO sugar option
- aim for Nude Food lunchboxes
- learn about the impact of consuming only foods that contribute to the body flourishing
- 'lead up', to share our knowledge with parents and carers when making food purchasing decisions
- learn to check food labels to understand more about sugar content
- create and influential communications piece changing the 'Normal' ideas and usage of sugar in our everyday diet
- complete a daily diary capturing and sharing the experience

Register *to be a*
Youth Health Champion
Online or in Class

Visit the website for more information, important dates, resources, and our blog.

Registrations forms do require parent approval
www.youthhealthchampions.com/register

Tomorrow
starts **NOW**



Join the Challenge
Subscribe to the Community

www.youthhealthchampions.com