

Abdanced breakfast





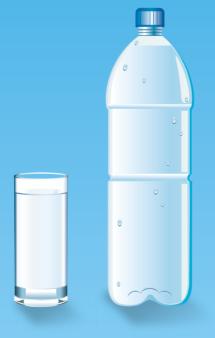


Body building foods To grow well and have strong bones

Protective foods To get lots of vitamins and fibre

Energy foods To keep you going until lunchtime





Water

To keep your body properly hydrated







To keep a healthy weight, I remember to balance how many calories I take in with how many I use!



I eat a **lot** but don't move around **much**

I have a balanced diet and move around every day

I eat very **little** but move around a **lot**





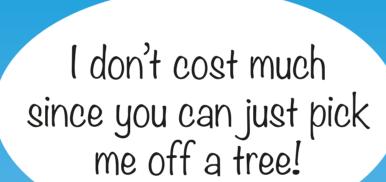


L'échoose local groduce because it's good for my health!

I have lot more vitamins than fruits brought from other countries do!



Don't look for me in tins look for fresh fish!



I don't contain any added sugar drink me instead of juices!







Grow me in your garden and eat a lot of me!

I have more minerals than rice and noodles!











Why breakfast is important



























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