



A balanced 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

I choose a food from each group





Energy balance

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**



I choose local produce

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!



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



I don't cost much since you can just pick me off a tree!



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



I have more minerals than rice and noodles!



Vili and the Rainbow



A story by Olivier Dinh and Solène Bertrand-Protat
Illustrations by Jipé Le Bars



Why breakfast is important





Food pyramid





Move at least 60 minutes everyday





The Hidden Sugar in our Food

