

SPAR 

**BETTER
CHOICES**

kids

**MY FUN
FOODIE BOOK**



FRUIT AND VEGETABLES

EAT LOTS OF FRUIT AND VEGETABLES

Make your target 6 a day. Try and include 6 different ones every day!



AARON

+



ANDREA

+



BARBARA



COLIN

+



OLIVIA

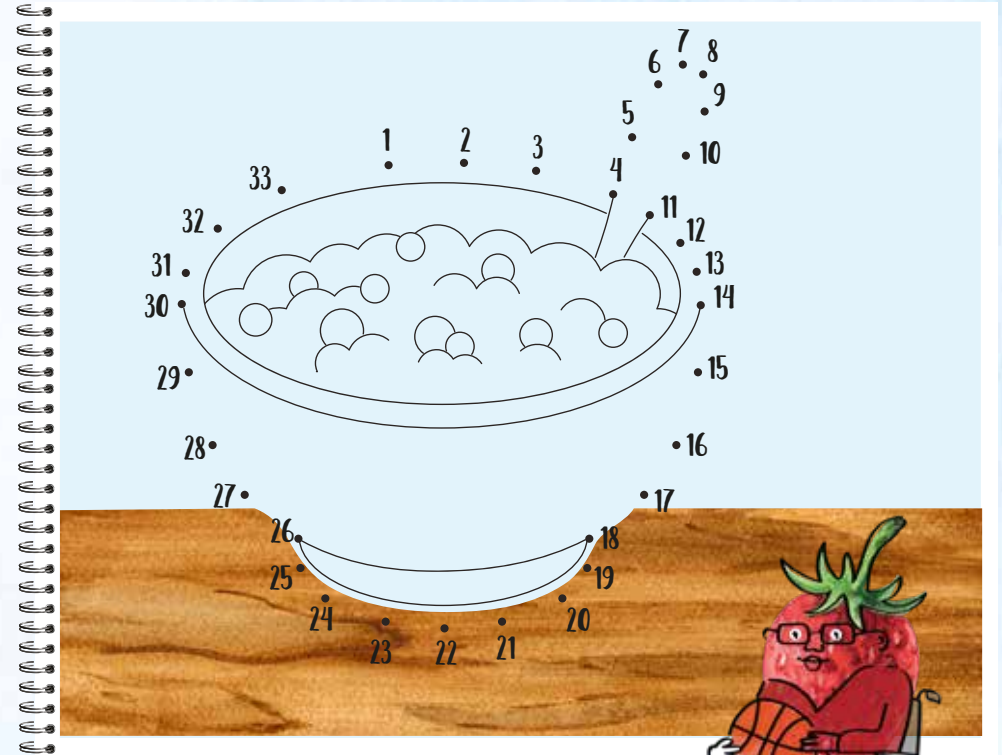
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SALLY

3: BREAKFAST IS IMPORTANT!

I will start my day the right way!



WHAT TO DO:

1. Connect the dots for a healthy breakfast.
2. Colour in and choose your toppings for your oat porridge (blueberries, raisins or chopped strawberries!)

TRY AND EAT THE RAINBOW!



WHAT TO DO:

Enjoy different coloured fruits and vegetables!
Do you know the colours of these fruits and vegetables? Colour them in and then circle your favourite ones!

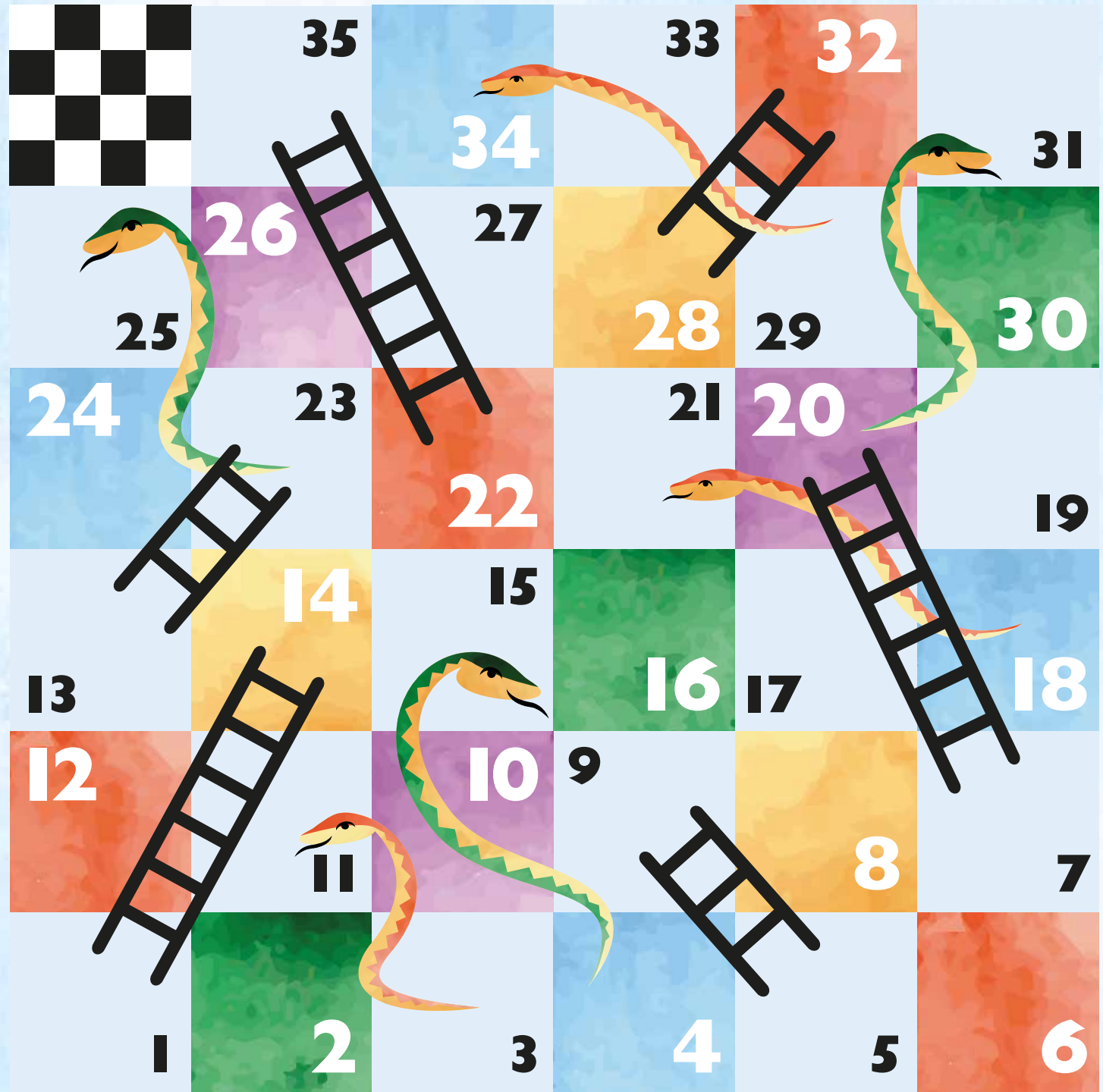
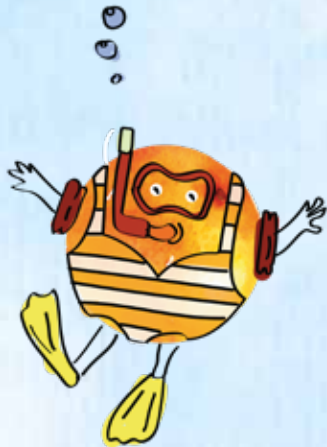
SNAKES AND LADDERS

TIP!

If you don't have a dice then write the numbers 1 to 6 on pieces of paper, roll them up and pick one. Good Luck!

HOW TO PLAY

Roll the dice and move your play piece from square to square. If you land at the bottom of a ladder then move up to the top of the ladder. If you land on a snake's head then you move down to the end of their body.



WHO FINDS THE FRUIT AND VEGETABLES?



WHAT TO DO:

1. Follow the paths to see what Colin, Olive, and Andrea find!

I CAN GROW MY OWN BEANS!

WHAT TO DO:

- 1) Use an empty egg shell
- 2) Fill it with some soil from the garden
- 3) Put a kidney bean in the soil
- 4) Keep watering it every day until you see it sprouting
- 5) When it's big enough, crack the shell gently and plant it in a bigger pot
- 6) Keep it inside and let it grow big enough to grow some pods!



HOW MANY ARE THERE?



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WHAT TO DO:

1. Count the number of each fruit or vegetable and write it in the block

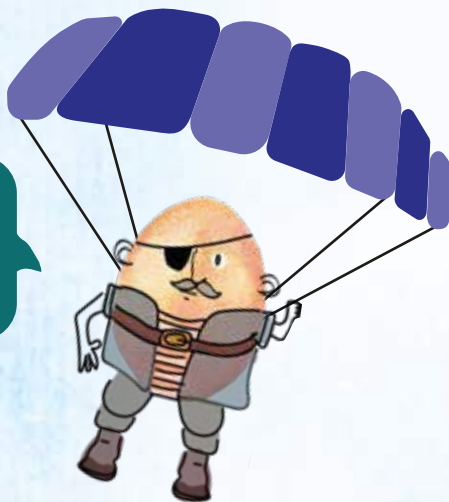
I CAN MAKE A HEALTHY TREAT!



WHAT TO DO:

1. Design your own fruity kebab by cutting out the fruit pieces you want and sticking them on the skewer above.

Eating healthy foods every day keeps your mind and body healthy and strong



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