

SPAR 

BETTER CHOICES kids

MY FUN FOODIE BOOK

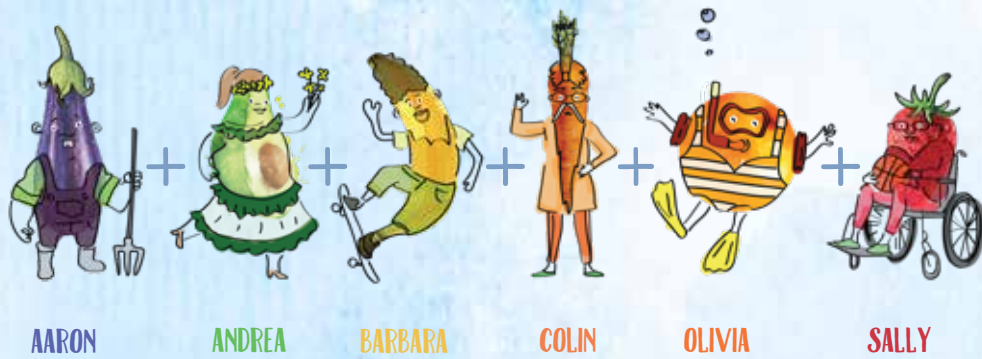


TOP HEALTHY FOOD TIPS

MY TOP HEALTHY FOOD TIPS:

1: EAT LOTS OF FRUIT AND VEGETABLES

Make your target 6 a day. Try and include all the colours of the rainbow!



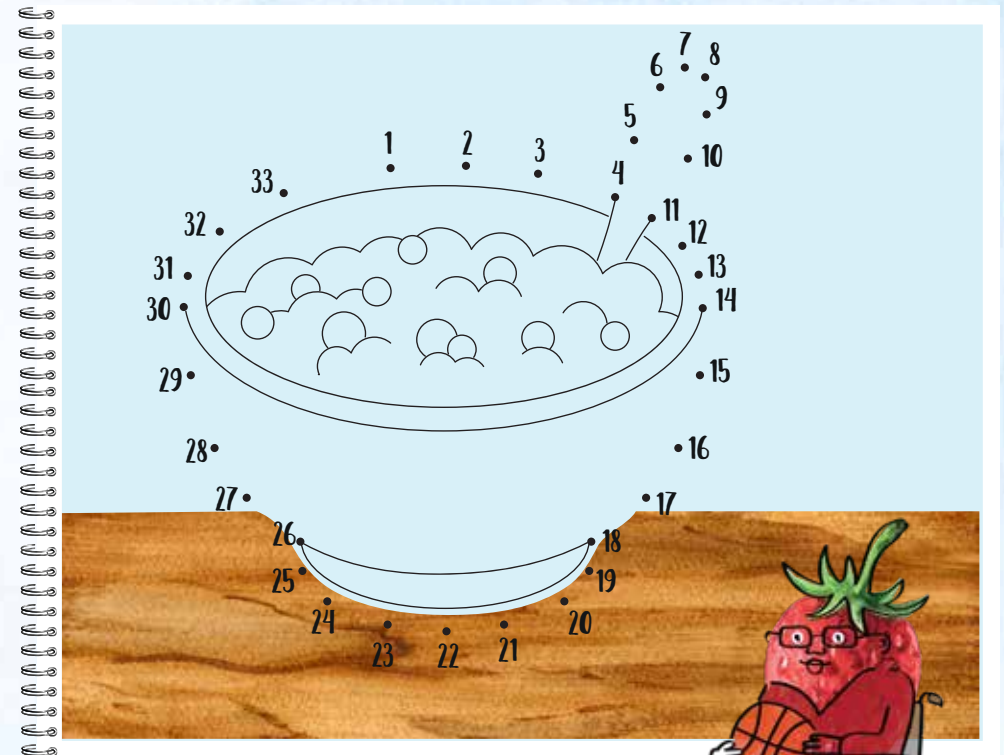
2: DRINK WATER TO KEEP GOING



Drinking enough water during the day helps keep you physically active and focused at school!

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!)

4: PROTEIN KEEPS MY MUSCLES STRONG!

Foods like dairy, meat, chicken, fish, lentils, chickpeas, baked beans and nuts all contain protein.



WHAT TO DO:

1. Colour in these protein foods. Can you see the red beans, eggs, fish, nuts, chicken and steak?

5. I EAT FOODS THAT HELP MY BONES GROW STRONG!



WHAT TO DO:

1. Search for the foods that keep your bones strong!
2. When you have found each word, circle it!

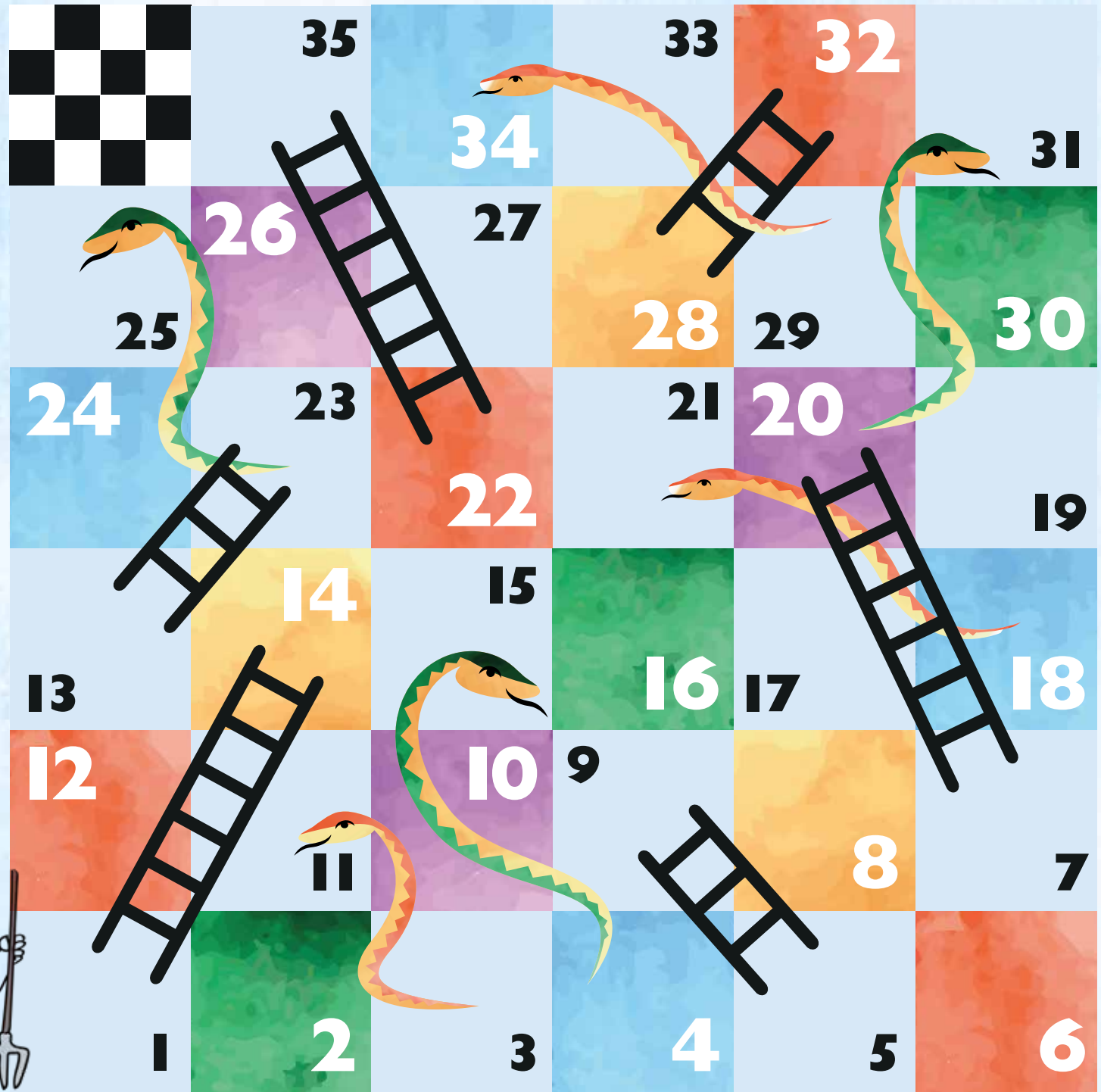
SNAKES AND LADDERS

TIP!

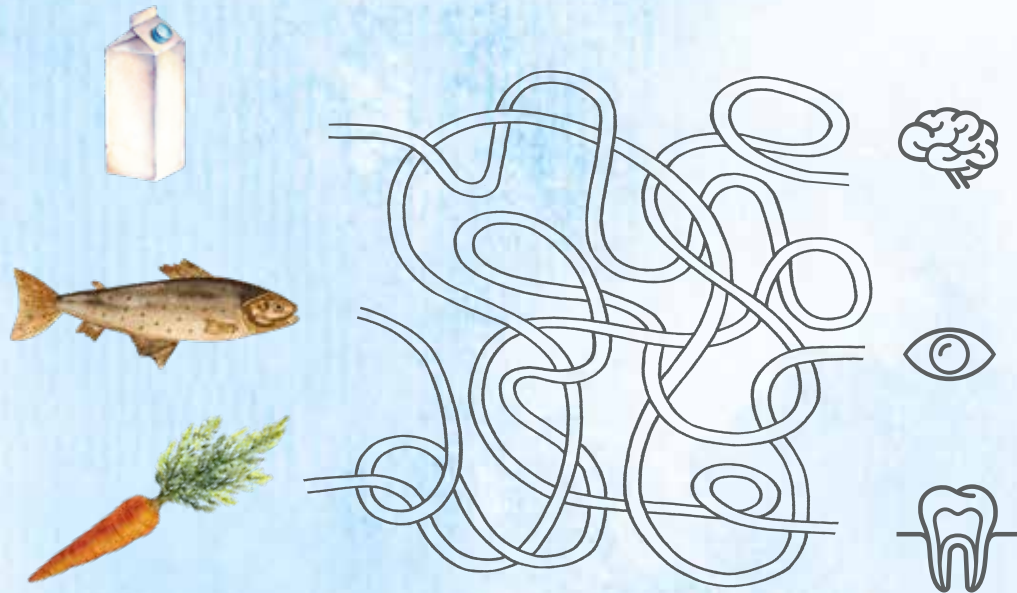
If you don't have a dice then write the numbers 1 to 6 on pieces of paper, roll them up and pick one. Good Luck!

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.



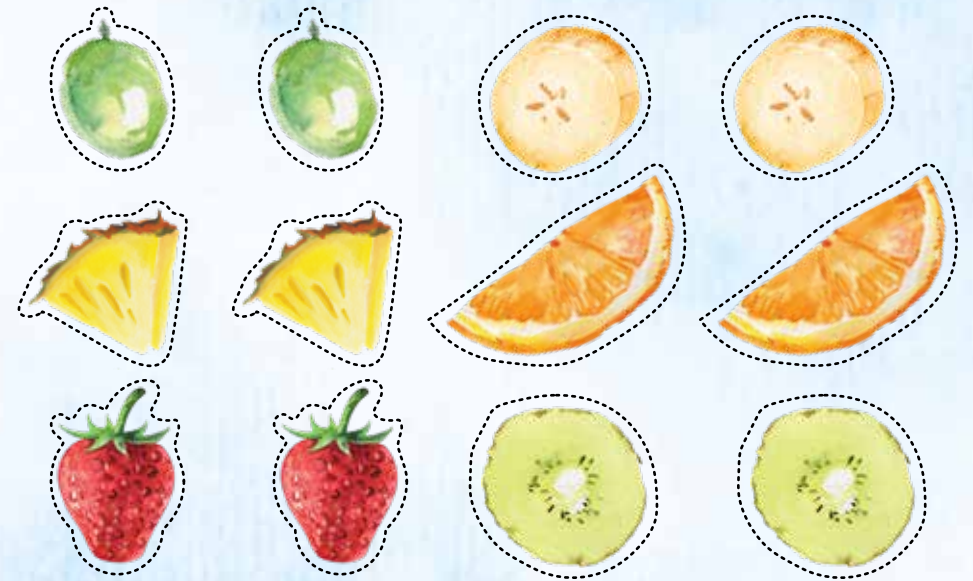
6. HEALTHY FOODS HELP MY BODY IN DIFFERENT WAYS!



WHAT TO DO:

1. Follow the path to see what part of your body the food helps

7. 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.

I CAN MAKE A HEALTHY LUNCH!

WHAT YOU NEED:

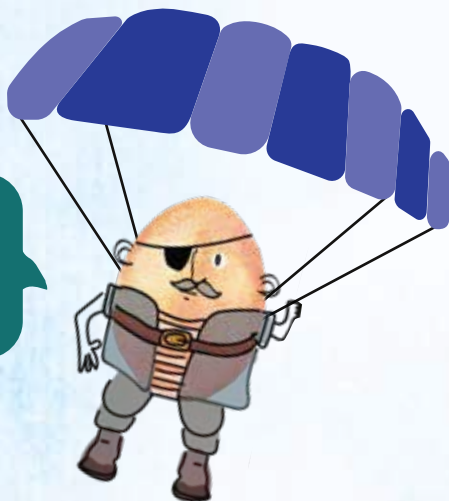
- 1 baked potato per person
- 1 teaspoon butter
- 1/2 cup grated Mozzarella or Cheddar cheese
- Veggies to make the eyes e.g. cucumber/carrots/red pepper
- 2 Sage leaves per person

WHAT YOU NEED:

- 1) Wash your potato and prick it several times with a fork.
- 2) Place it in the microwave to cook, ask an adult to help with the microwave settings!
- 3) Cut up some triangular carrot pieces for the nose and to some extra shapes decorate the plate.
- 4) For the eyes you can use another coloured vegetable such as cucumbers or red peppers.
- 5) When the potato is cooked, remove it from the microwave and set aside to cool a little.
- 6) Once it's not too hot to touch, cut a slit in the middle of the potato and pop a teaspoon of butter and some grated cheese into it.
- 7) Cut another slit at the front of the potato and add 2 sage leaves for ears.
- 8) Snap a pic of your bunny and then eat them up!



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



SPAR International
Rokin 99
1012 KM Amsterdam
The Netherlands

Tel: +31 (0)20 626 6749

www.spar-international.com

© This document and all contents included or referred to within it remain
The property of SPAR International and is protected by copyright.