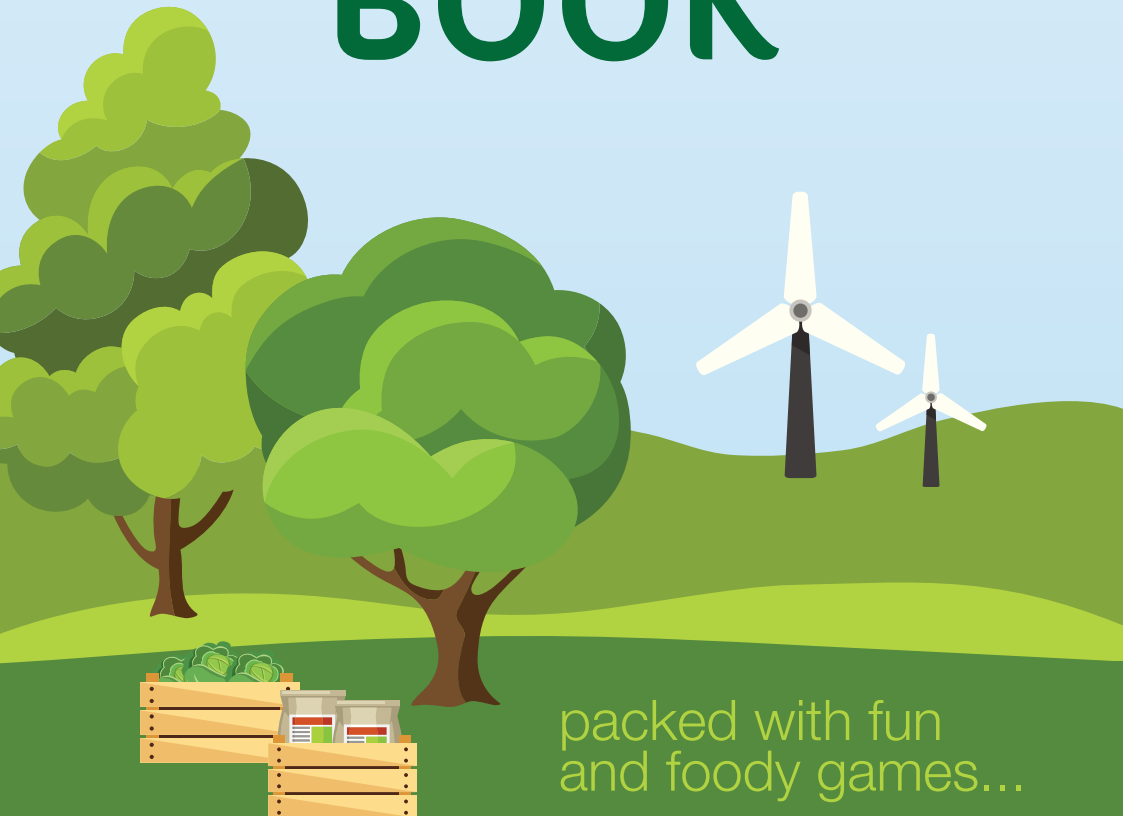




# ACTIVITY BOOK

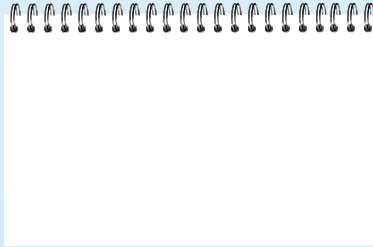


packed with fun  
and foody games...

# Draw a food for each food group

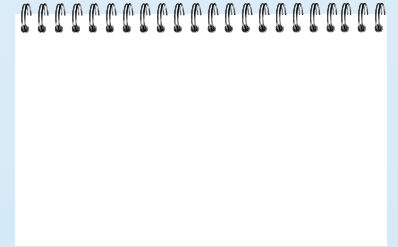
## Drinks

Your body needs enough fluids to function properly. Make sure to drink enough throughout the day to keep hydrated. In addition to tea or filtered coffee (without added sugar), drink lots of water.



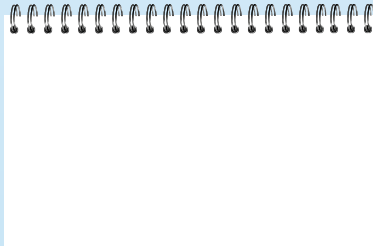
## Fruit & vegetables

This group includes fresh, frozen, tinned, & dried fruits, vegetables and 100% fruit and vegetable juices. Fruits and vegetables offer vitamins, minerals and fibre, which are essential for a healthy lifestyle.



## Fish, legumes, meat & eggs

This group contains meat, fish, eggs and dairy products, as well as nuts, legumes and other sources of vegetable protein. These foods provide vitamins and minerals that help the body grow and repair itself.



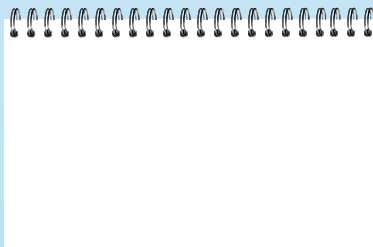
## Grains & carbohydrates

This group contains foods such as potatoes, pasta, rice, bread, cereals, barley, oats and other grains. All these products provide vitamins, minerals and fibre, giving us energy to get through the day.



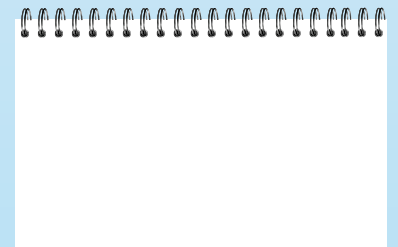
## Spreads & cooking fats

Our bodies need fats, such as unsaturated cooking oils and salad dressings, for energy, proper cell growth and development. Fats can be used in preparing or adding flavour to meals.

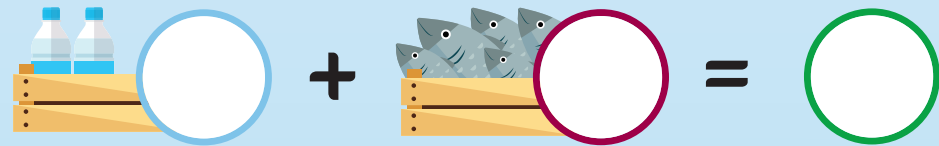
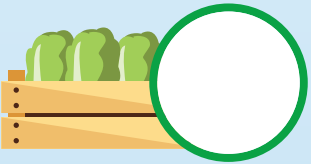
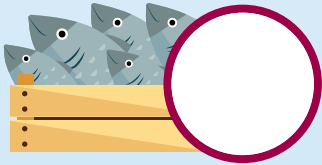
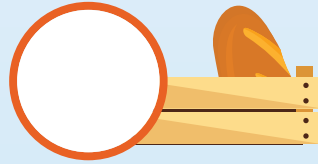
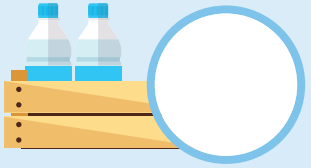


## Limited intake

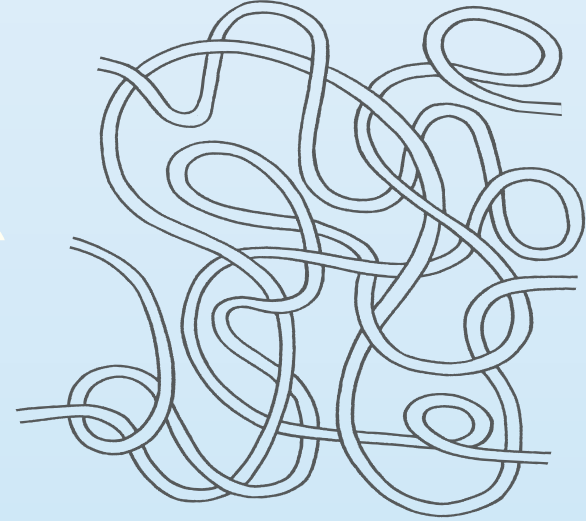
Some products – like desserts, savoury snacks or sugar-sweetened beverages – contain too much salt, sugar and saturated fats, or have too little fibre. Intake of these products should be limited and not consumed daily.



## How many are there?



## What belongs to what?



## What is your favourite food?

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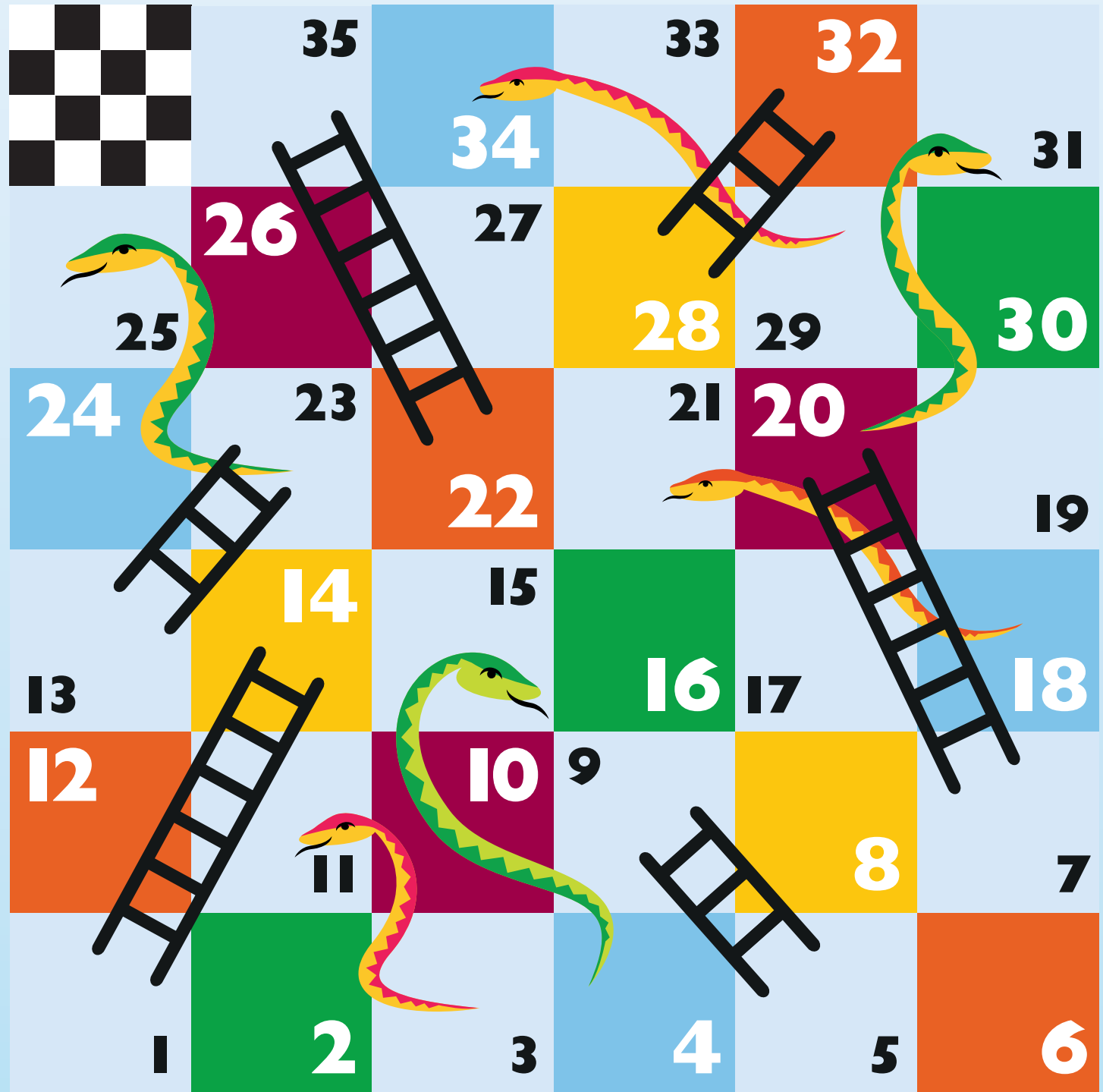
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# Snakes and Ladders

**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 at random. Good Luck!

Land on a ladder and go up,  
land on a snake and go down



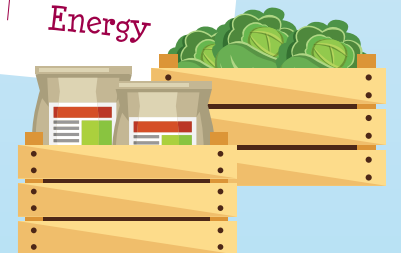
# Spot the 6 differences



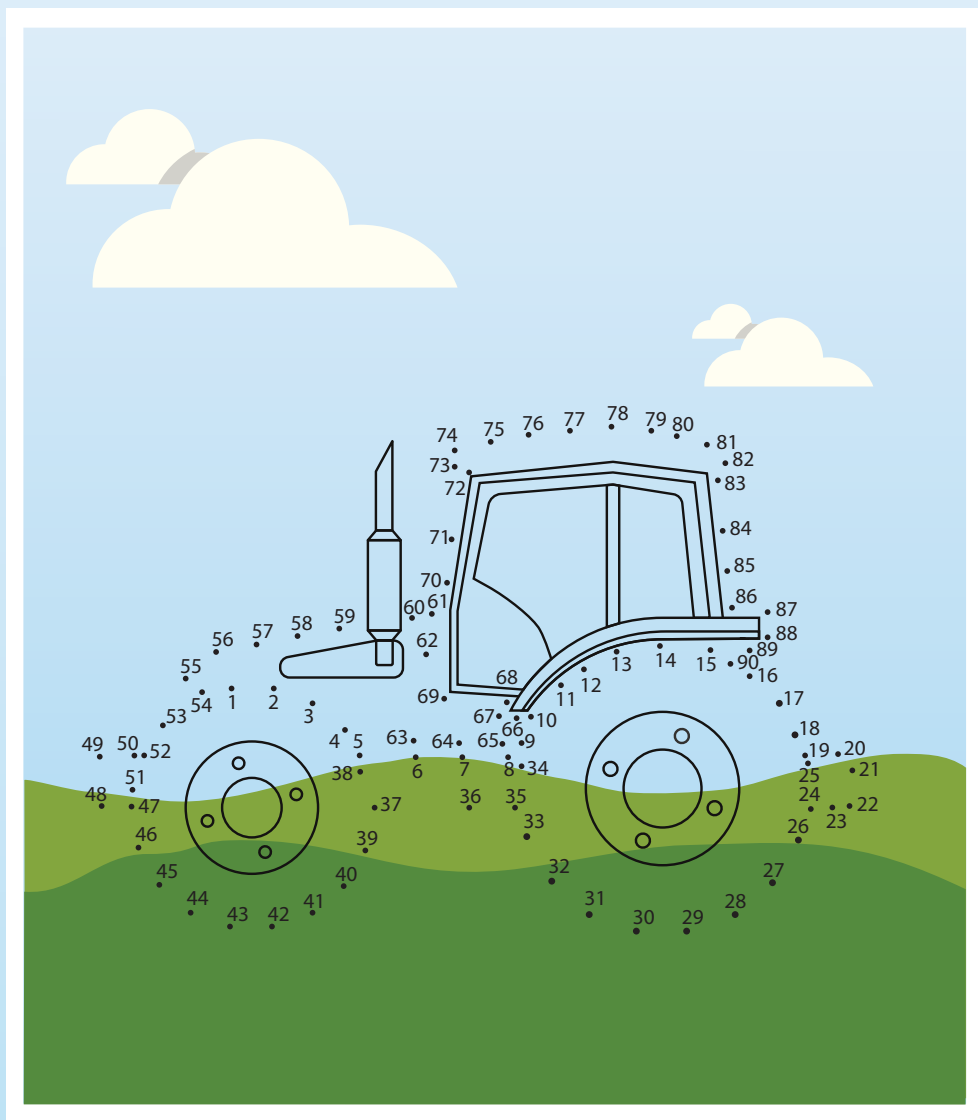
# Find the hidden words

H E A L T H Y  
 Y G R E N K E E  
 M W N A K K H  
 I U M L E S T  
 N T I A R N E  
 E M H C T I E  
 R B E E L M T  
 A A A R O A S  
 L N N B F T C  
 S A N O I F E I H  
 A N I F R V Y  
 W A T E R L P  
 W F S U G A R P  
 N I G T O R P  
 O S G F G I O  
 R H I H G G U  
 B D D A E R B

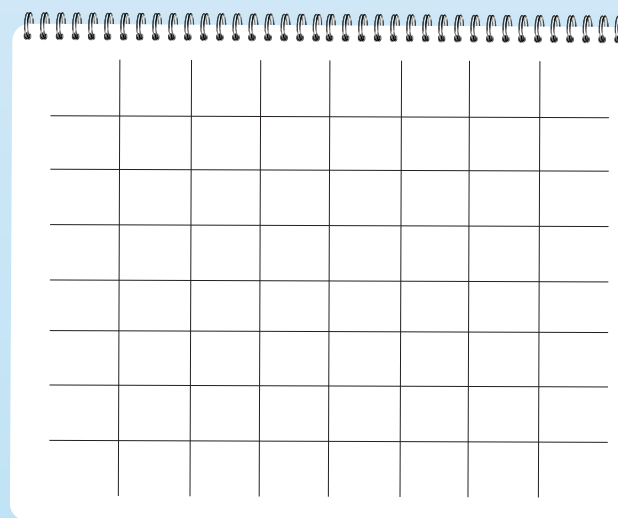
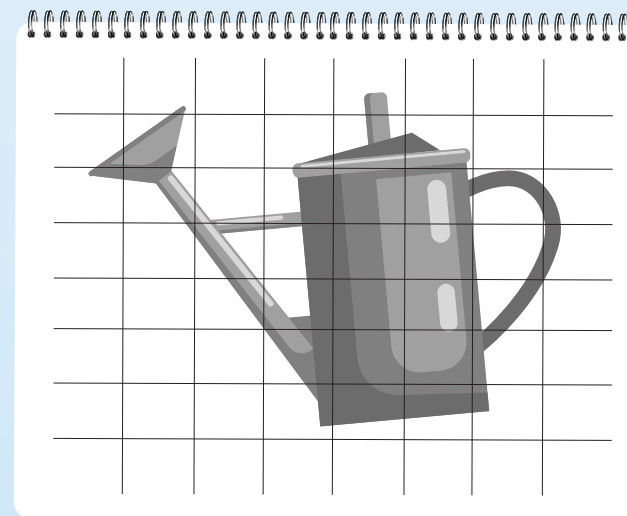
- Egg
- Minerals
- Sugar
- Milk
- Teeth
- Bread
- Digestion
- Calcium
- Protein
- Vitamins
- Fibre
- Water
- Fat
- Fish
- Banana
- Healthy
- Energy



# Connect the dots



# Copy the drawing



# Find us here



13 - 16 July 2017



10 December 2017



7 - 12 August 2018



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