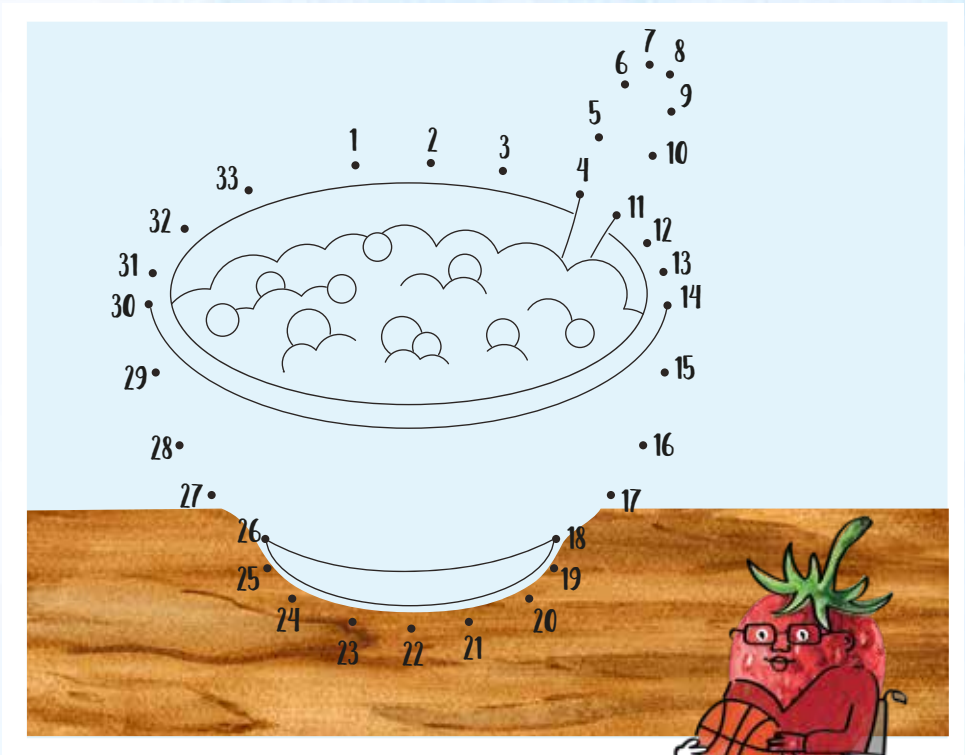


3: BREAKFAST IS IMPORTANT!

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!)