



This leaflet was originally written by the Shropshire Primary Care Trust and has been reproduced by staff at the Health Shop, CHEC.



Further copies of this leaflet are available

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Food for fun and fitness



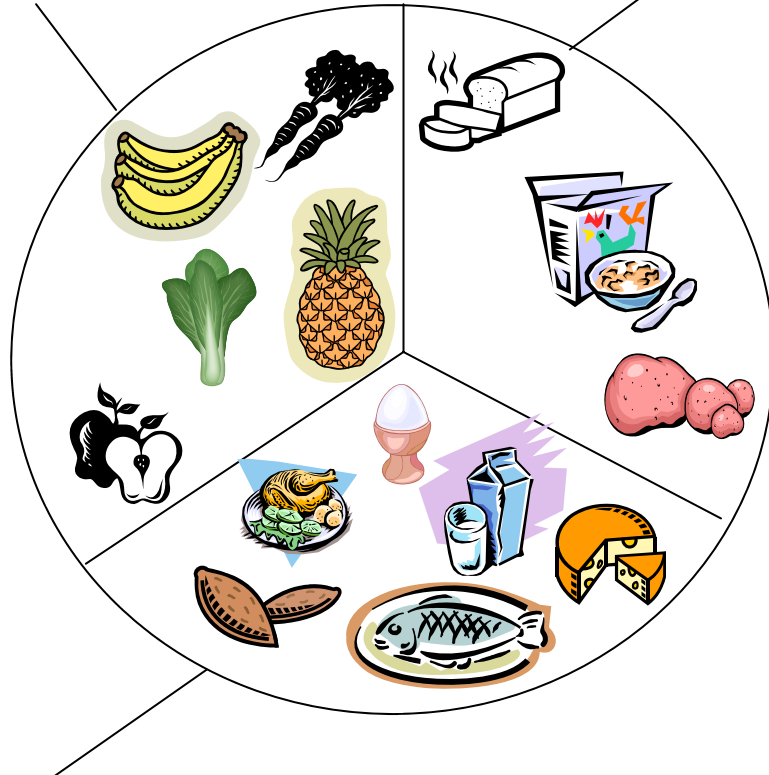
This book belongs to:

Age:

These foods are good for you

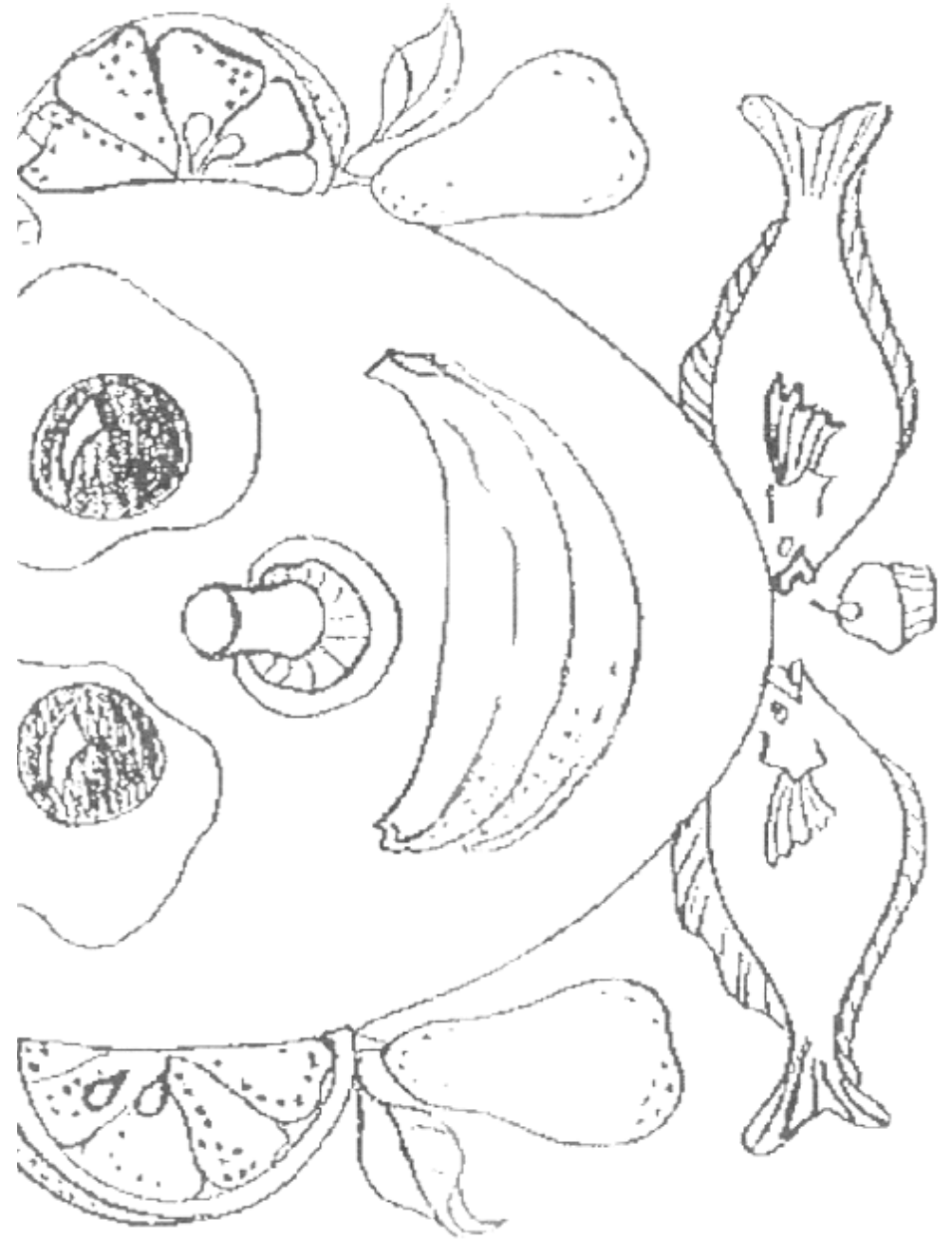
Bread, cereals, pasta & potatoes

Fruit and Vegetables



Meat, fish, milk, cheese, nuts and beans

Choose one sort of food from each part of the plate to make a healthy breakfast, lunch or tea.



Choose two colours.
Colour the good "Fit Foods" in one and the
"Not Fit Foods" in the other.



Now add 1 or 2 of your own:



I will...



I will...



And don't forget to get more exercise

I will run around the playground at break time



I will go out to play after school
instead of watching telly



I will...



Now ...

What can you do to make your eating better?

Choose some of the ideas below. Colour the hearts for the ones you are going to do. Then colour the star when you have done them.

I will eat some cereal or toast for breakfast



I will have a piece of fruit instead of crisps or biscuits for break



I will drink water or diet squash instead of pop or sugary squash



I will eat 3 meals a day so I don't need so many snacks



I will eat fruit instead of sweets



I won't eat anything just before bed



Snack Attack!

It is best not to eat too much between meals.

If you are hungry good snacks to have are shown below: (tick the ones you like. Can you think of anymore?)

Fruit



Vegetables



foods



Drinks

  The  best drinks are water or sugar-free squash or sometimes fruit juice (with water) or low fat milk.

Experiment

You could make ice lollies using fruit juice or sugar-free squash.



Exercise

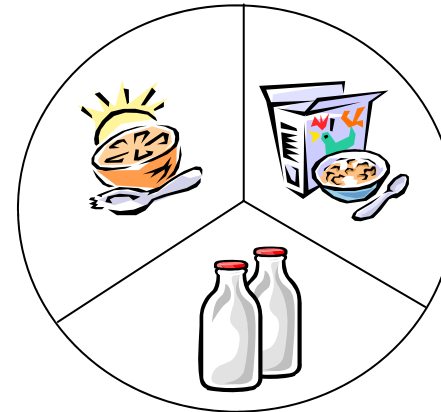
Exercise is good for you. It will help to keep you healthy. It is also good fun, so try to do some exercise every day. There are lots of things you can do like swimming, walking, cycling, dancing or playing games.

What is your favourite exercise? _____

What exercise could you do more often? _____

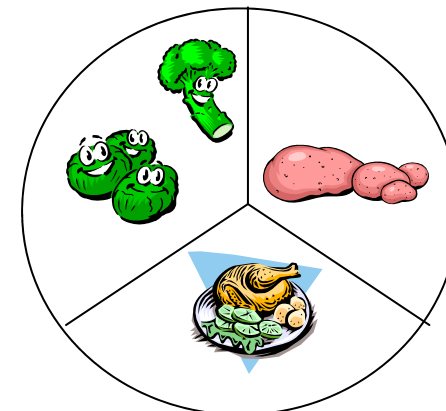
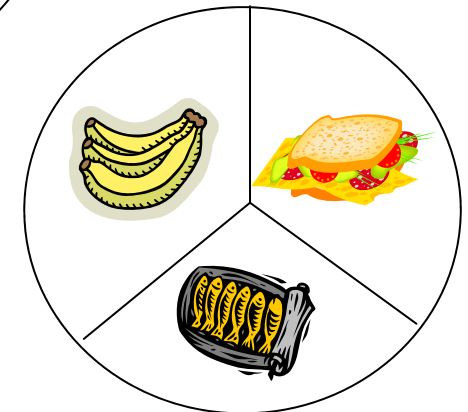
Write down all the different exercise you do everyday for one week.


Would you like to eat these meals?



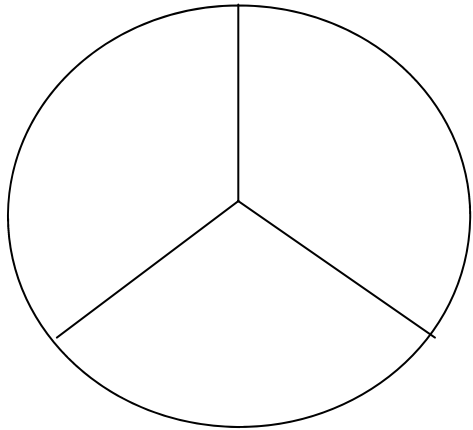
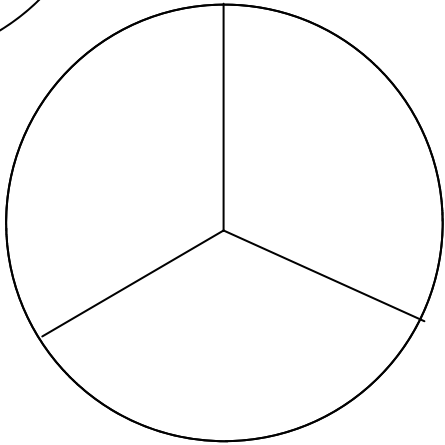
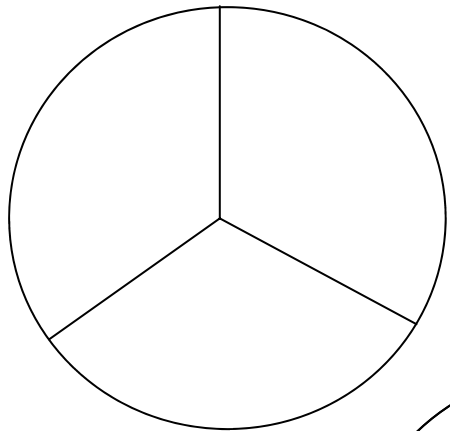
 **Breakfast**

Lunch



Tea 

Now draw some lovely meals of your own



Class		Name					
<h1>My Food Diary</h1>							
	Breakfast	Snacks	Dinner	Snacks	Tea	Snacks	
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							