

HEALTHY BODY, HAPPY ME!



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Name:



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YOU HAVE JUST FINISHED LUNCH, BUT YOU ARE STILL HUNGRY, WHAT WILL YOU EAT?

Snacks are healthy when they are:

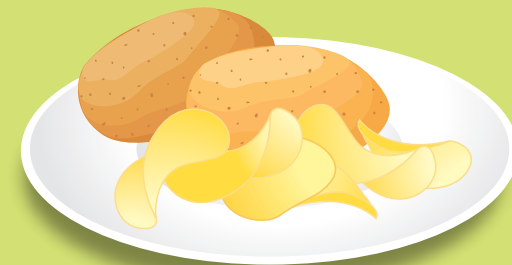
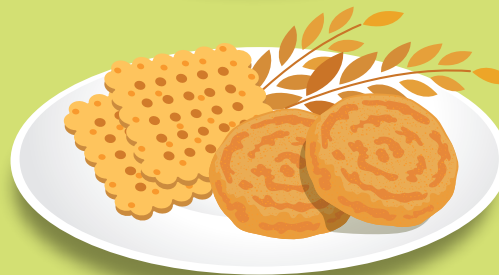
Low in sugar



Low in fat



Low in salt



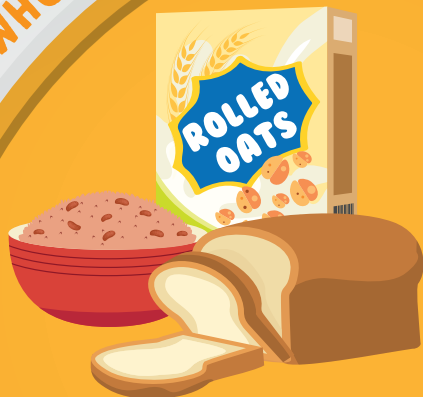
MY HEALTHY PLATE



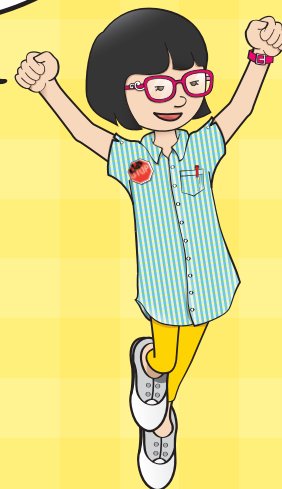
Whole grains help you feel fuller after a meal and helps you to digest better too!



BROWN RICE & WHOLEMEAL BREAD



Fruit and vegetables help to make sure you have a healthy body so that you will not fall sick easily!

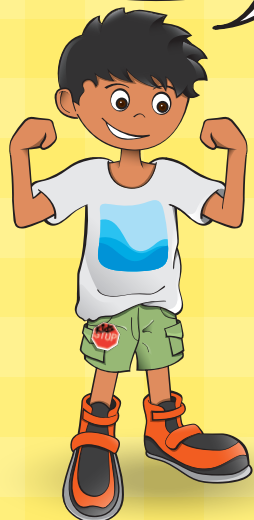


FRUIT & VEGETABLES

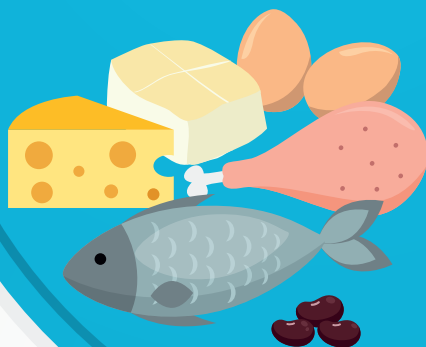


Do remember to drink lots of water and exercise regularly too!

Meat and other proteins like cheese, egg, tofu, and beans help you build strong



MEAT & OTHERS: CHEESE, EGG, TOFU, BEANS



BE ACTIVE



CHOOSE WATER



USE HEALTHIER OILS



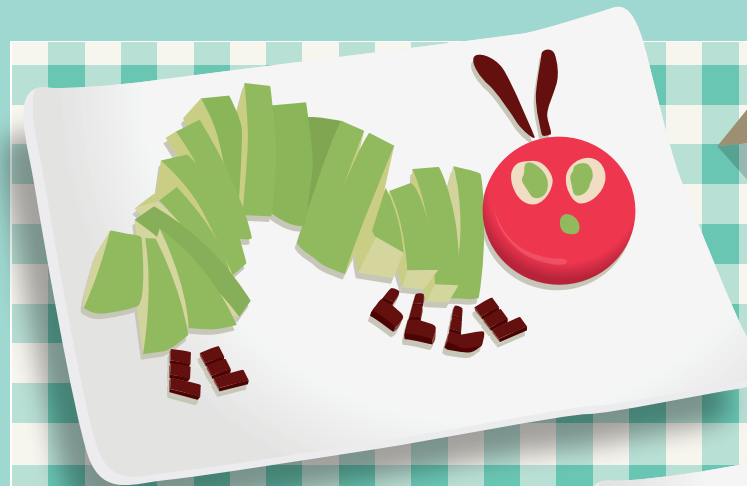
PARENT'S CORNER

Whether your child is a picky eater, or a hearty one, it is good to involve him/her when choosing foods at the market.

At home, you can also encourage your child to help prepare healthy snacks and pique his/her interest in learning about healthy eating!



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Make a caterpillar using green apples and raisins...

...or a rainbow with 5 vegetables of different colours!

