



Eat breakfast everyday to keep your mind and body ready for action!

Just like cars cannot run without fuel, our bodies need energy to work. Especially after a night's sleep, our energy levels are low. So, whether you are off to school, or playing around on the weekend, start the day with breakfast. Plenty of carbohydrates is just the ticket: try toast, or cereal with milk, fruit or yoghurt.



Gimme five! Eat fruits and vegetables with each meal and as tasty snacks!

Fruits and vegetables are among the most important foods for giving us enough vitamins, minerals and fibre. We should all try to eat at least 5 servings a day. For example, a glass of fruit juice at breakfast, perhaps an apple and banana as snacks and two vegetables at meal times. Then you have already reached your total.



A healthy lunch gives us energy throughout the afternoon!

Eating a healthy lunch will give you the energy and nutrients you need to learn and play at school.

Without enough energy from food, you may feel tired and find it difficult to concentrate in class.



A tuna sandwich on whole wheat bread with vegetable sticks and grapes on the side is a good example of a well-balanced meal.



Quench your thirst, drink plenty of liquids.

Did you know that more than half of your weight is just water? You need at least 5 glasses of liquids a day to keep your body hydrated. It is particularly important if the weather is very hot or if you have done lots of exercise, to have plenty to drink. Plain water is great of course; you can try tap water or mineral water, plain or flavoured, sparkling or non-sparkling. Milk and real fruit juices are also good to replenish your energy.



Eat foods from all four food groups.

Your body needs many kinds of food to help you feel well and be healthy. That's why it's a good idea to make sure that you have several servings a day from each of the four food groups; fruits and vegetables, grain products, meat and alternatives and milk and alternatives. The best snacks are nutritious — low in sugar, fat, and salt. So fresh fruit and vegetables are better choices than chips, french fries and candy.

