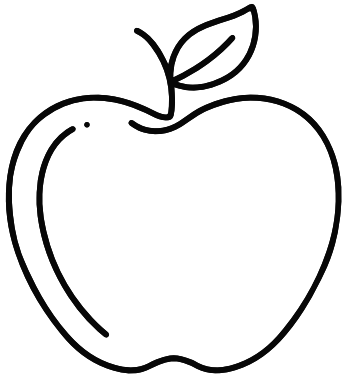


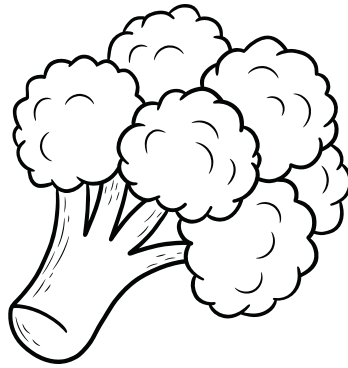
HEALTHY FOODS FOR POSITIVE WELLBEING

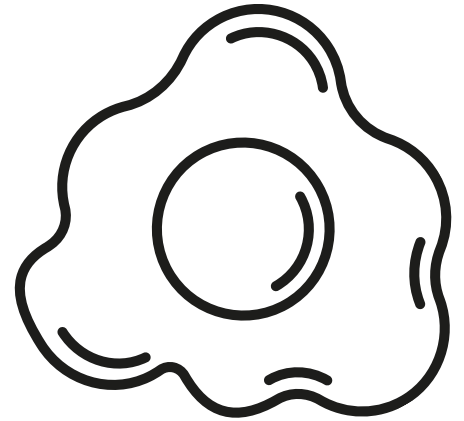
A well-balanced diet gives you energy to be active and strong, also the nutrients you need for growth and repair, helping you to stay strong and healthy!

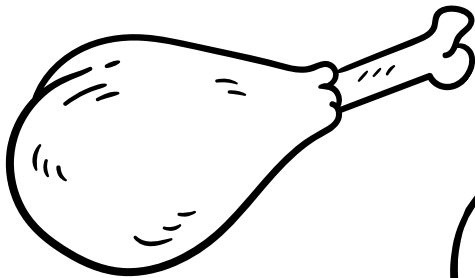


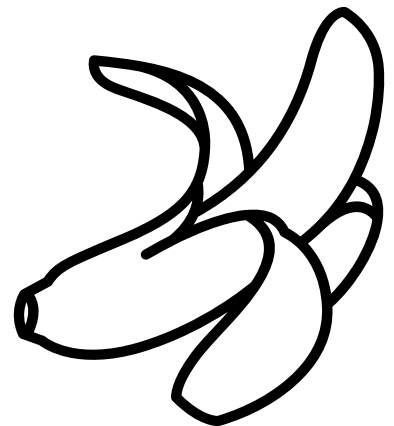
Colour in the healthy foods below and see if you can name them!

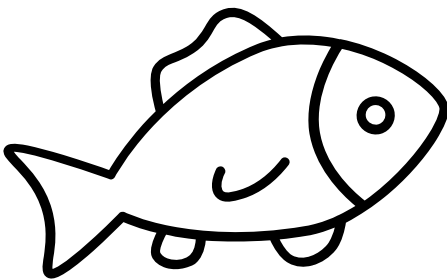


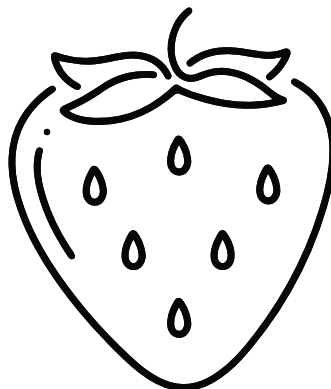


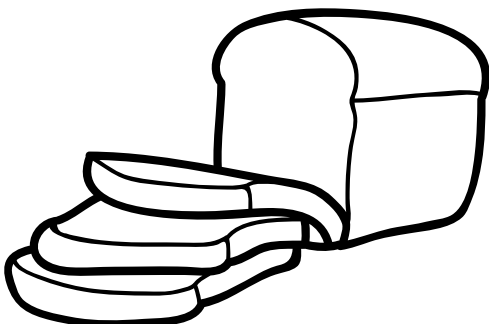


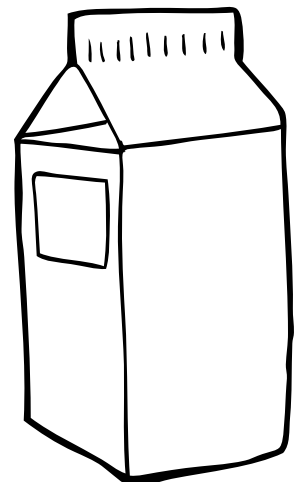












AGES 4-11

