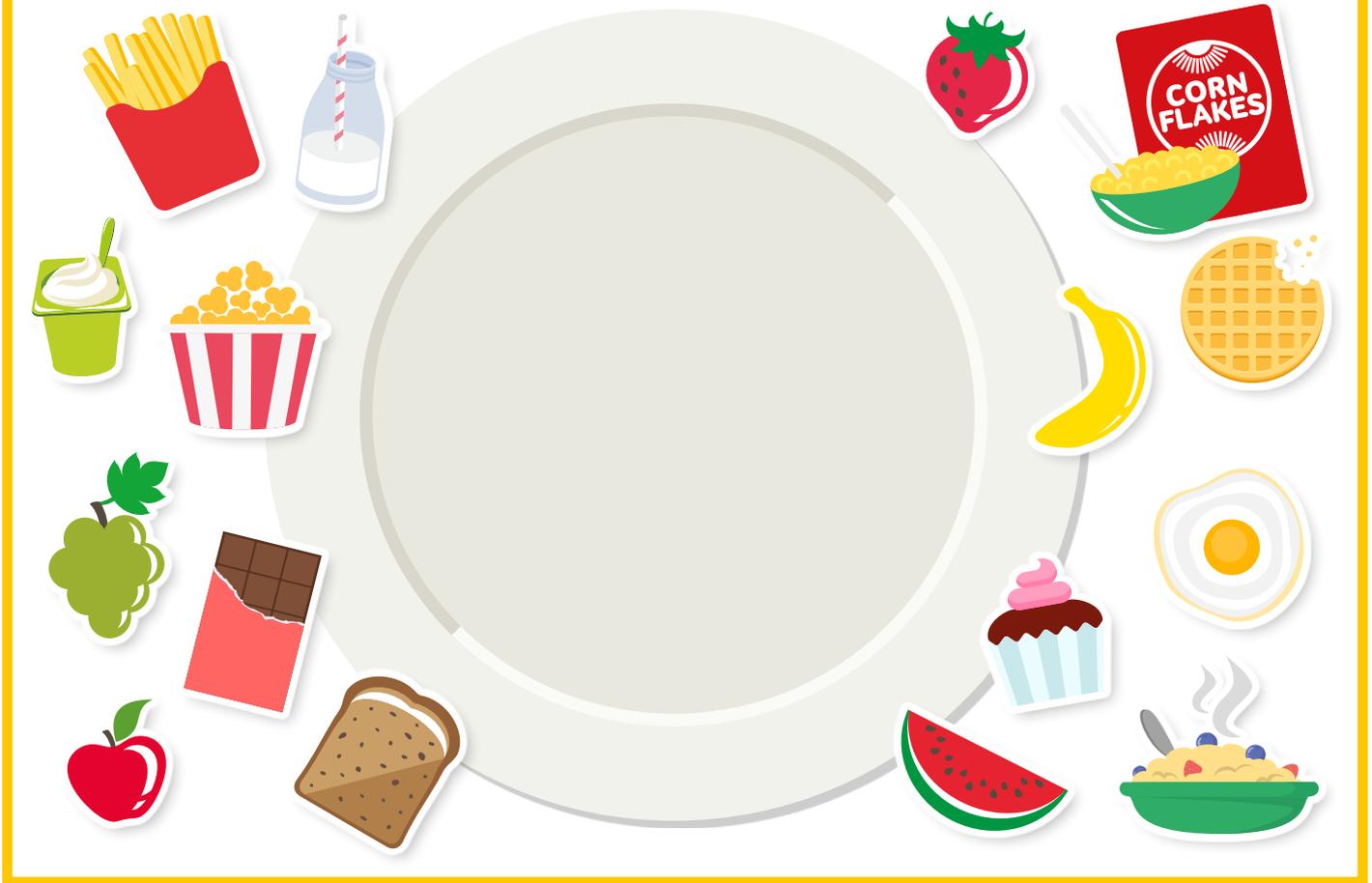


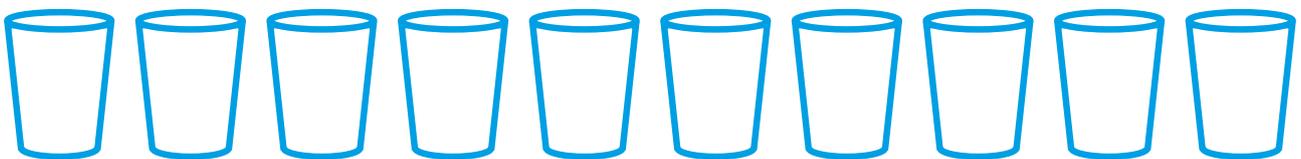
## 1 THE BIGGEST BREAKFAST!

Breakfast is the most important meal of the day!  
Think of 10 healthy breakfast foods and write them on your Big Breakfast plate.



## 2 WATERY WONDERS

Water is great! Colour in the number of cups to show  
the right amount to drink every day. (6-8 cups)

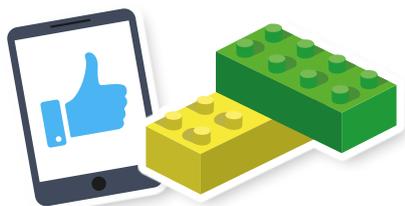


3

## IF I HAD TO CHOOSE...

This is just pretending. If you could have just one from each pair of things, and give the other one up forever, which would it be?

Put a cross through the one you are giving up. Can you say why?



TABLET or LEGO

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CHOCOLATE or CHEESE

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BOOKS or BOARDGAMES

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COMPUTER GAMES or BIKE

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SKATEBOARD or ART SET

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SWEETS or FRUIT

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4

## BETTER BREATHING

Colour in the heart and lungs in this picture.

Filling your lungs with fresh air can calm your head and make you feel better. Why not practise? Breathe in through your nose and count to five. Then breathe out through your mouth and count to five.

