



I am going to eat **more** fruit and vegetables

I am going to try to eat **less** Crisps and chocolate

I am going to try to eat something from each section of the Eatwell Plate every day



Making 2009 a healthier year

I am going to make sure that I eat fruit and low fat foods as snacks.

I am going to eat a more colourful diet

I love cooking, so I am going to enter the Active Kids 2009 Breakfast Challenge



www.activekidsgetcooking.org.uk