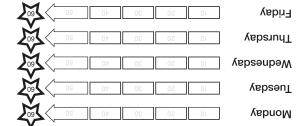


## Higher fibre foods



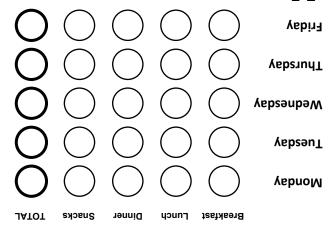
this week. Have around 6-8 drinks a day! Colour in a glass each time you have a drink

## Drink tracker



active for 60 minutes each day each time you are active for 10 minutes. Aim to be Track your activity by colouring-in part of an arrow

#### Move more



week. You should have at least 5 A Day, every day. Keep score of how many fruit and vegetables you have this

## 2 A Day tracker

#### Which of these have you done this week?

Rate yourself between



I have...

tried a new fruit or vegetable had plenty of tap water moved more had some wholegrain foods wasted less food

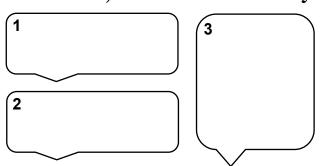




# Healthy **Eating Week**

My Health Tracker

### This week, I wasted less food by...



Name

