



Healthy eating – 2

Being healthy, safe and active

Zena has decided it is time for her family to have a more healthy diet but she needs your help. She has given some examples of foods they eat now.

Suggest more healthy, nutritious options the family could try.

	What the family eats now	Healthy, nutritious options
Breakfast	sugary cereal with milk and added sugar store-bought milkshakes white buttered toast and jam	
Mid-morning snack	chips store-bought muesli and fruit bars	
Lunch	a white bread sandwich with jam or chocolate spread a carton of fruit juice	
Afternoon snack	biscuits sweets and chocolate	
Dinner	battered, deep-fried fish, burger or pizza with chips	
Evening snack	cake ice-cream	