



ESFA



In support of



EAT WELL TIPS TO BECOME A HEALTHY CHAMPION

HEALTHY BREAKFAST

TRY TO GET SOME OF YOUR **5 A DAY** IN EVERY MEAL



MMMM... MILKY GOODNESS!

HEALTHY LUNCH

CRUNCH... CRUNCH



BERRY GOOD!



DRINK AT LEAST **6-8** GLASSES OF FLUID A DAY



HEALTHY SNACKING

Don't snack too much and try to choose healthy alternatives

TASTY TREATS!



HEALTHY DINNER

BECOME ONE OF OUR **HEALTHY CHAMPIONS** AND BE IN THE RUNNING TO WIN SOME GREAT PRIZES!



DELICIOUS!



STAY ACTIVE



EAT HEALTHILY THROUGHOUT THE DAY AND STAY ACTIVE BY EXERCISING FOR AT LEAST 1 HOUR EVERY DAY

Find out more at: www.danonenationscup.co.uk