

8 how many ways are you changing?

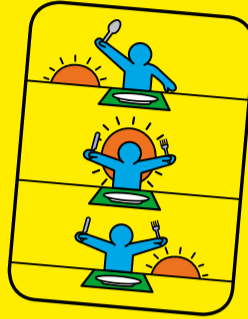
change
4 life
Eat well Move more Live longer

1 sugar swaps



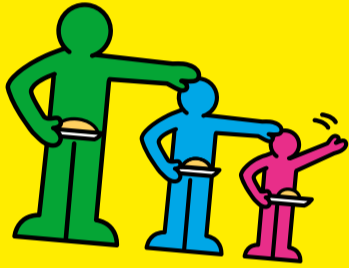
I'm swapping sugary drinks for water, milk or unsweetened fruit juice.

2 meal time



I'm eating 3 meals a day – including a healthy school lunch.

3 me size meals



I'm eating meals that are the right size for my age – not as big as a grown up's.

4 snack check



Lots of snacks are full of fat, sugar and salt, so I'm eating healthy snacks!

5 5 a day



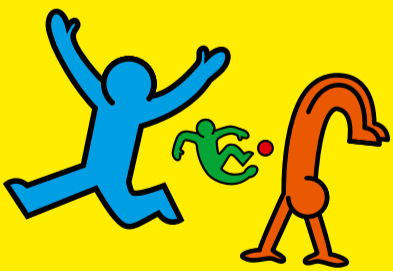
I'm trying to eat 5 portions of fruit and veg every day.

6 cut back fat



My family are changing how we cook to make our meals more healthy.

7 60 active minutes



I'm spending at least 60 minutes walking, playing sport, running around or playing outside every day.

8 up and about



After I've been sitting still for a while, I'm jumping up and doing something more active.

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