

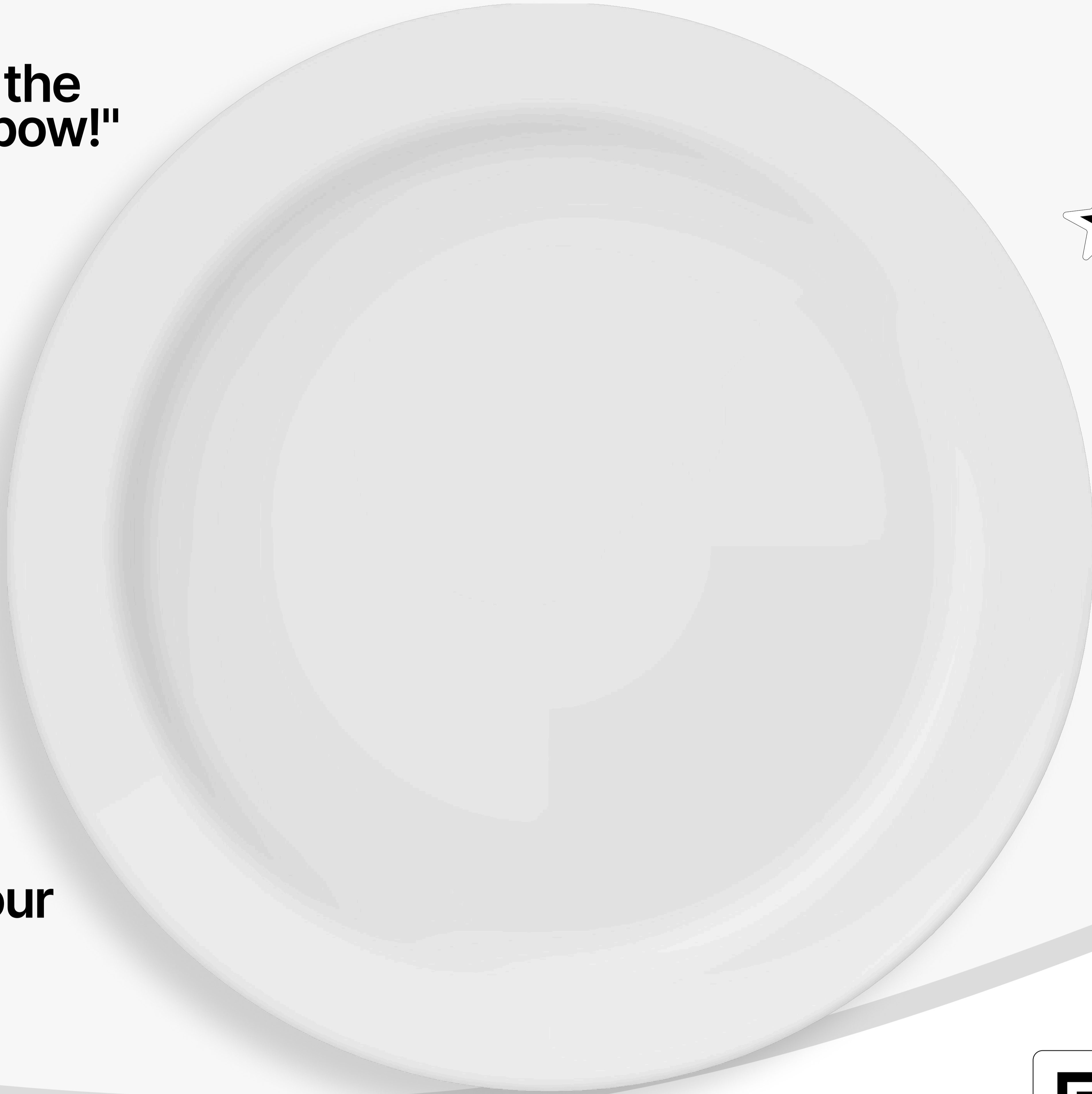


REGGIE'S GAME DAY PLATE

You've got to fuel up before the big game! On the plate below, draw or write your foods that give you the most energy.

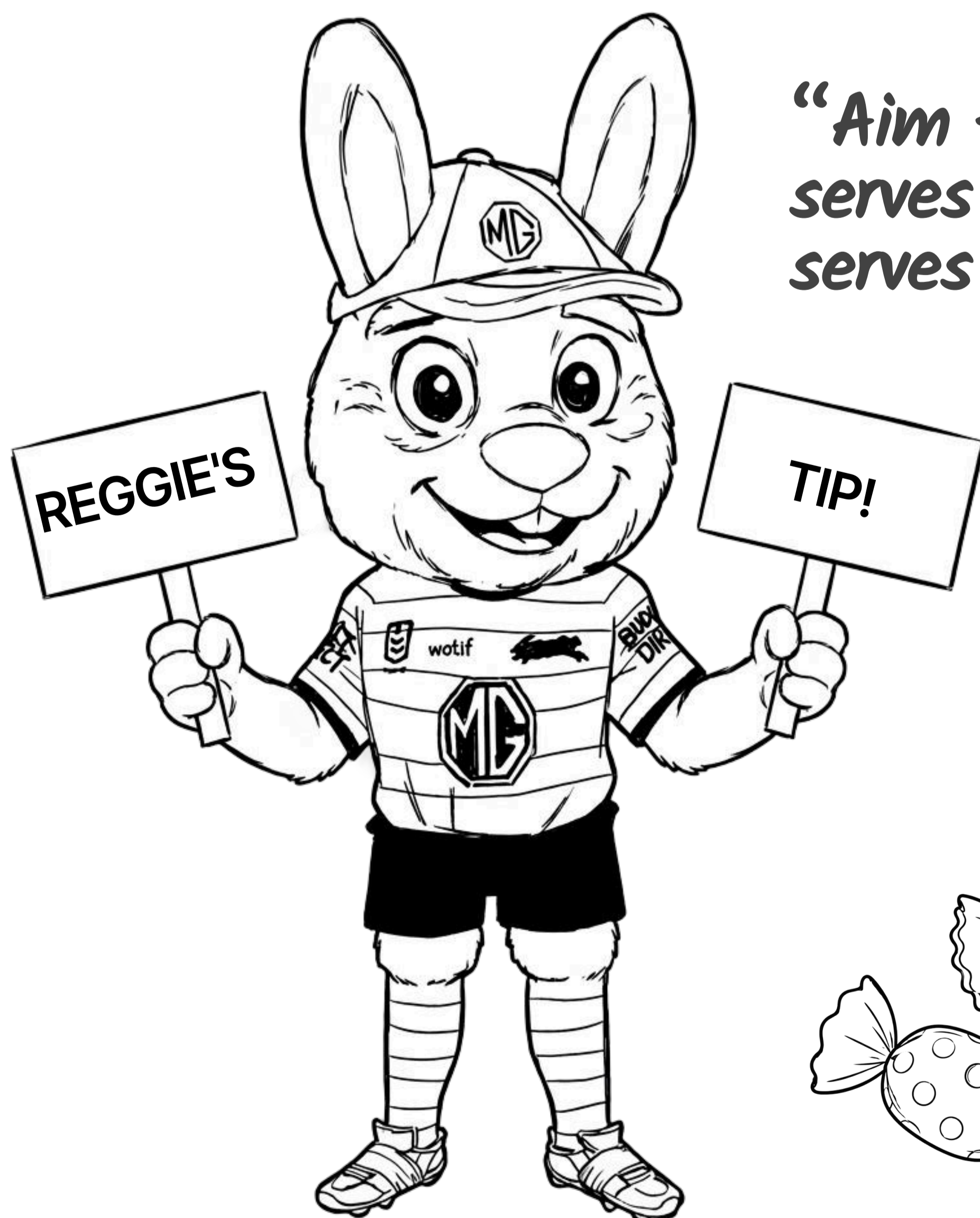
★ "Eat the rainbow!"

★ "Water is your best mate!"



★ "A healthy body helps you play your best!"

WHAT WOULD YOU PACK IN YOUR GAME BAG?

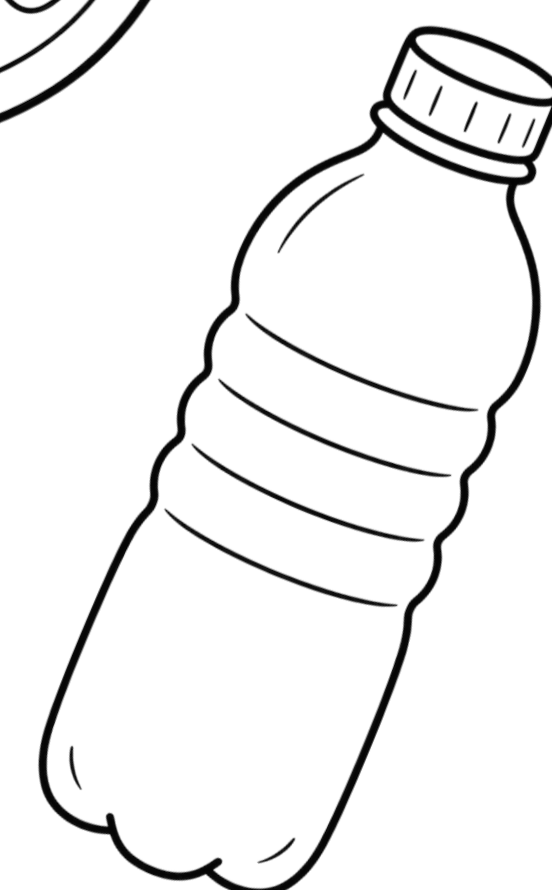
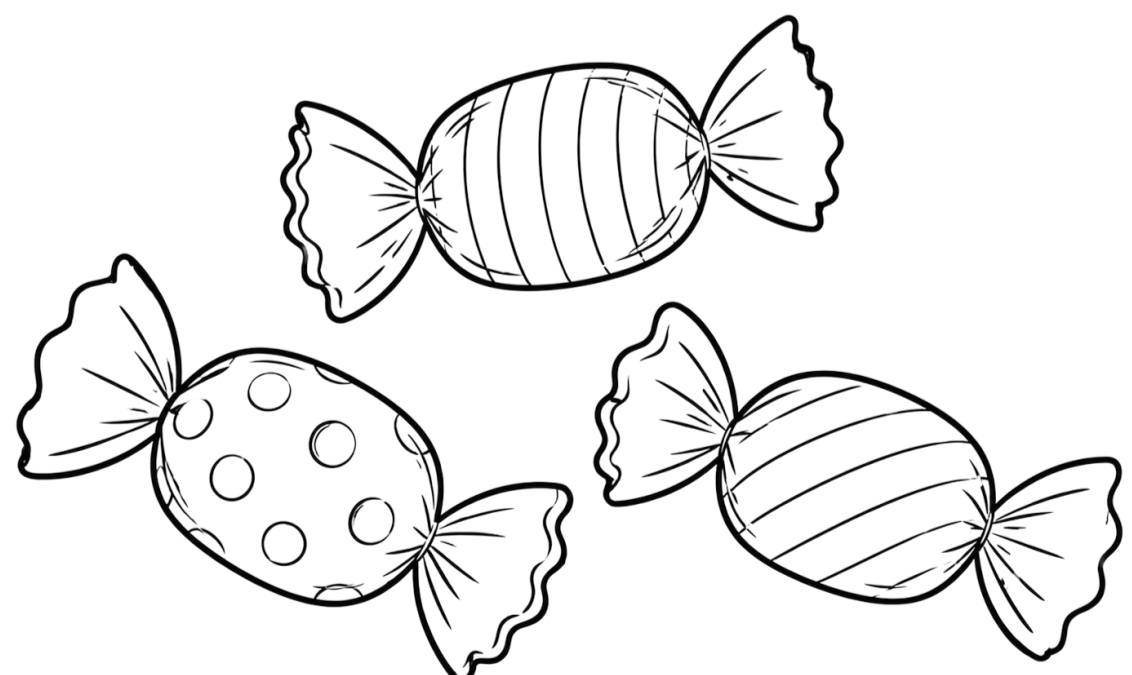
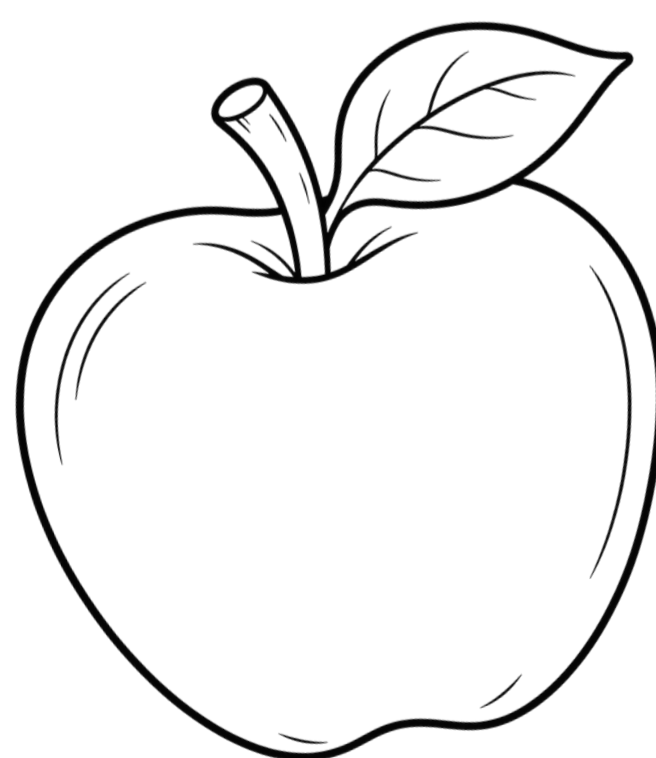
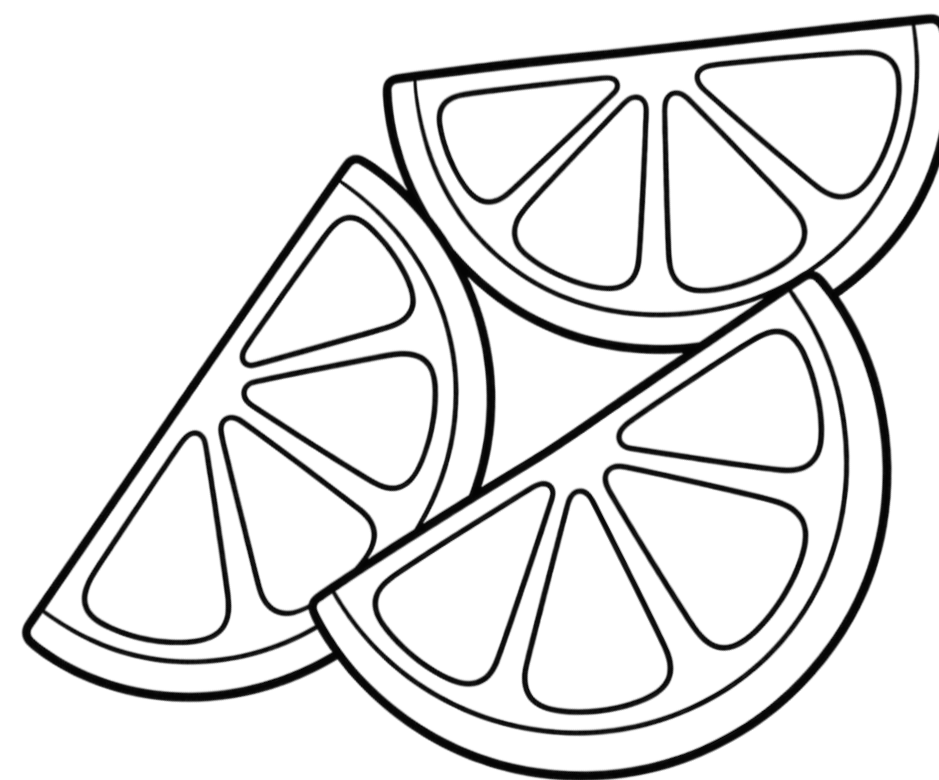


"Aim for at least five serves of veggies, and two serves of fruit every day!"

Circle your picks!



For the parents!
SCAN HERE



How many healthy snacks did you circle?

