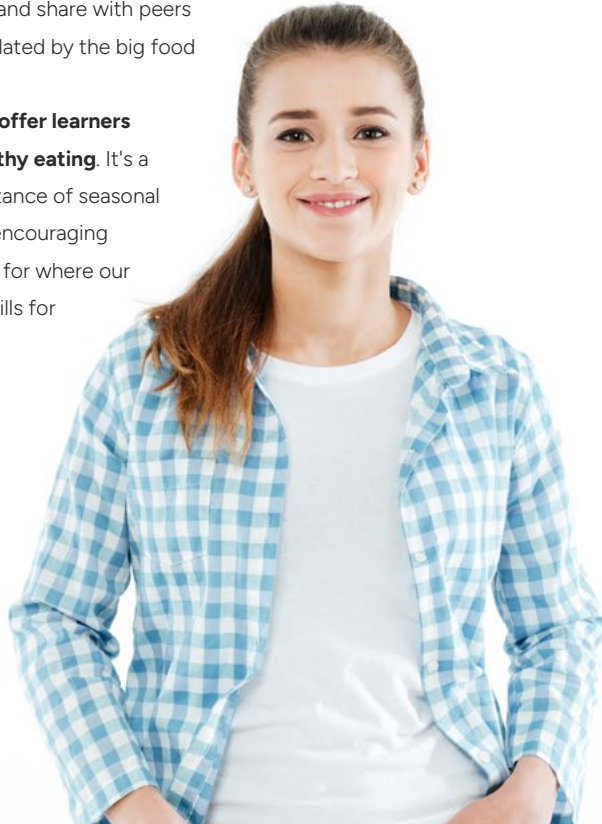


SPEAK UP FOR YOUR HEALTH

- **"Low fat" doesn't always mean healthy.** Read food labels carefully and check for fat, sugar and salt content.
- **You have a right** to clear labels and truthful marketing.
- **Ask for affordable, healthy options** at school tuck shops, canteens and from food vendors.
- **Bring reusable water bottles** to school and ask for water refill stations.
- Adverts for unhealthy foods are everywhere – schools, taxis, social media. Ask for these to be **removed at school and in your community.**
- Become aware of how food and beverage marketing is deliberately targeting young people.
Share your voice – make a video and share with peers to stand up against being manipulated by the big food and beverage industry.
- Ask for school food gardens that **offer learners fresh produce and enhance healthy eating.** It's a great way to introduce the importance of seasonal and indigenous foods while also encouraging physical activity and appreciation for where our food comes from. It also builds skills for learners and communities.



HEALTHY FOOD FUELS YOUR BODY, BRAIN, AND FUTURE



You're growing fast. Your body and brain need fuel, not flawed fillers.

But it's hard to make good choices when you're surrounded by chips, fizzy drinks, and ultra-processed fast food everywhere you go. These foods lack the nutrients to give you the energy you need, they bring your mood down, and harm your health in the long run.



FOR A STRONG BODY AND MIND



Don't skip breakfast – it helps with focus and mood.



Reduce fast food, processed snacks, chips, sugary cereals.



Oats, soft porridge or brown bread with a protein, like eggs, beans, cheese or peanut butter can give you a good start for the day.



Choose whole foods: whole-wheat bread, mabele, corn, lentils, vegetables, fruits, milk, eggs, and lean meats.



Drink clean water instead of sugary or caffeinated drinks. Avoid energy drinks.



Wash hands with soap and clean water before eating



Be active: aim for at least 60 minutes of physical activity every day.



Sleep enough (8–10 hours a night) and limit screen time, especially at night.

SMALL SWAPS WITH BIG BENEFITS

✗ White bread

✓ Brown bread

More fibre = better energy and digestion.

✗ Sugary drinks

✓ Water or homemade ice tea

Keeps you hydrated without the sugar crash.

✗ Chips or sweets

✓ Fruit, popcorn or nuts

Supports concentration and helps prevent the energy crash.

✗ Viennas or polony

✓ Eggs or pilchards

It fuels your muscles and boosts brain power.

✗ Buying snacks

✓ Bringing a home-packed lunch

Saves money and keeps you full for longer.

