

MY HEALTH TIP IS... PRACTICE MY MATHEMATICS!

2 FRUITS +
3 VEGETABLES =
5 SERVINGS

3 FRUITS +
4 VEGETABLES =
7 EVEN BETTER!



MY HEALTH TIP IS...

**WHEN I HAVE
THE MUNCHIES,
I EAT FRUITS
OR VEGGIES!**

**AS I GET HUNGRY
OFTEN THROUGHOUT
THE DAY, IT'S EASY
TO EAT THEM.**



MY HEALTH TIP

IS...

**HAVE FEWER
SWEETENED
DRINKS!**

WOULD YOU
EAT 8 CUBES OF
SUGAR AT ONCE?
THAT'S HOW MUCH
SUGAR IS IN A 355 ML
CAN OF SWEETENED
DRINK.





**MY
NRG TIP
IS
FRUITS
OR VEGGIES
+ CHEESE AFTER
THE GAME!**

**CHEESE
CONTAINS
PROTEINS THAT
KEEP MY ENERGY
LEVEL BOOSTED
UNTIL MY
NEXT MEAL.**



MY HEALTH TIP

IS...

**STAY
HYDRATED!**

WHEN I'M
THIRSTY,
I DRINK PLENTY
OF WATER...
OR MILK.



MY HEALTH TIP

IS...

**DON'T SKIP
BREAKFAST!**

TO HELP STAY
FOCUSED ALL
DAY LONG.



MY NRG TIP IS CHOOSE THIS WINNING TRIO.



VEGETABLE
WHOLE GRAINS
PROTEINS
MAKE ME
SCORE POINTS!



MY NRG TIP

IS
AVOID ENERGY
DRINKS!

THEY DON'T
REALLY HELP ME
PERFORM BETTER.
THEY CONTAIN MAINLY
CAFFEINE AND LOTS OF
SUGAR, WHICH CAN MAKE
ME FEEL TIRED AND
DEHYDRATED.

