

Hi Kids!

Are you ready to join in the Live Outside the Box Activity?
This is a fun way to see how active and healthy you can be! All you have to do is:

1. **Colour in a picture** each time you eat a healthy breakfast, have a drink of water, eat a serve of fruit or veggies, or do some physical activity.
2. It's the opposite when you eat 'sometimes' food or watch TV/play on the computer/ smartphone/tablet. You get less points for these.
3. Check out the back of this card for the serving sizes to make sure you get your points right.
4. Ask your parent or carer to sign your card every day to show your points are correct.
5. At the end of the week, add up your totals!
Parents and Kids – Turn over for healthy tips and information.

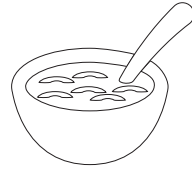
WEEK 1	Breakfast	Water	Fruit	Veggies	Activity	Sometimes Food	TV/Computer	TOTAL	Parent Initial
	Healthy Breakfast = 1 point	1 cup = 1 point 2 cups = 2 points 3 cups = 3 points 4 cups = 4 points 5 cups = 5 points 6 cups = 6 points	1 serve = 1 point 2 serves = 2 points	1 serve = 1 point 2 serves = 2 points 3 serves = 3 points 4 serves = 4 points 5 serves = 5 points	15 mins = 1 point 30 mins = 2 points 45 mins = 3 points 1 hour = 4 points 1+ hours = 5 points	0 serve = 2 points 1 serve = 1 point 2+ serves = 0 points	0-1 hour = 2 points 1-2 hours = 1 point 2+ hours = 0 points		
MON								/23	
TUE								/23	
WED								/23	
THU								/23	
FRI								/23	
SAT								/23	
SUN								/23	
GRAND TOTAL								/161	

Breakfast

We all need to eat something healthy and filling for breakfast for sustained energy to get through the morning.

Try one of these options:

- Wholegrain cereal, reduced fat milk and fruit
- Wholegrain toast and glass of reduced fat milk
- Eggs/tomato/mushroom on wholegrain toast
- Fruit smoothie with reduced fat milk
- Baked beans/creamed corn/cheese on wholegrain toast



Water

Aim to drink at least 5 or 6 cups of water every day! (One cup is 250 mls)

If it is very hot or you are very active you may need more. Did you know that one cup of soft drink, cordial, sports drink, energy drink or juice contains at least 6 teaspoons of sugar?

- Water is best for thirst
- Tap water contains fluoride which helps develop strong teeth.
- Fill a refillable water bottle when you go out and about



Sometimes Food

Aim to eat no more than 1 or 2 serves of 'sometimes' foods per day!

A serve of sometimes foods provide 600 kJ of energy, but few of the nutrients your body needs for health, for example:

- 1 doughnut (40g)
- 1/2 snack size (30g) packet crisps
- 1 small can (375 ml) soft drink
- 2-3 sweet biscuits (35g)

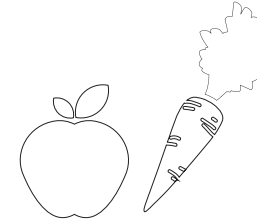


Fruit and Vegetables

Aim to eat 2 serves of fruit and 5 serves of vegetables every day.

One serve of fruit =

- 1 medium apple, banana, orange
- 2 small apricots, plums, nectarines
- 1 cup of diced or canned fruit (with no added sugar)



One serve of vegetables =

- 1/2 cup cooked vegetables
- 1/2 cup cooked dried peas, beans or lentils
- 1 cup salad vegetables
- 1/2 medium potato or sweet potato

Activity

Aim to be active for at least 60 minutes every day! Try lots of different activities, some where you can speak easily while you are doing them like playing hand ball and some which are vigorous which make you "huff and puff". Also do some activities that strengthen your bones and muscles such as;

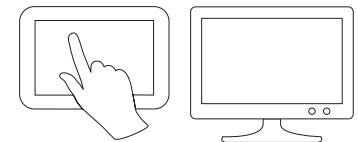
- Riding your bike or walking to school
- Playing sport
- Playing with a ball/skipping rope/hula hoop



TV/Computers/Small screens

Aim to limit your screen time to no more than 2 hours per day for entertainment (excluding educational purposes.)

- Make meal times screen free. Try to eat at the table as a family.
- Set limits for TV, computer games and being online with your family. Turn the TV off once your program has finished.
- Try other hobbies, games and activities instead – make a list of indoor and outdoor ideas.



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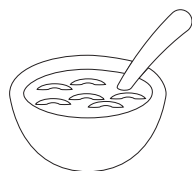
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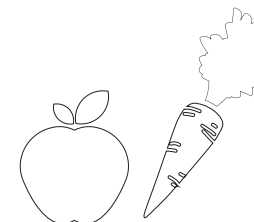


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