

Welcome to the **New Start**
healthy food and fitness program.



Introducing...

Supermax



and...

Sniffer



About Supermax...

- He is sleek and fit.
- He eats healthy food.
- He helps us learn about keeping healthy.

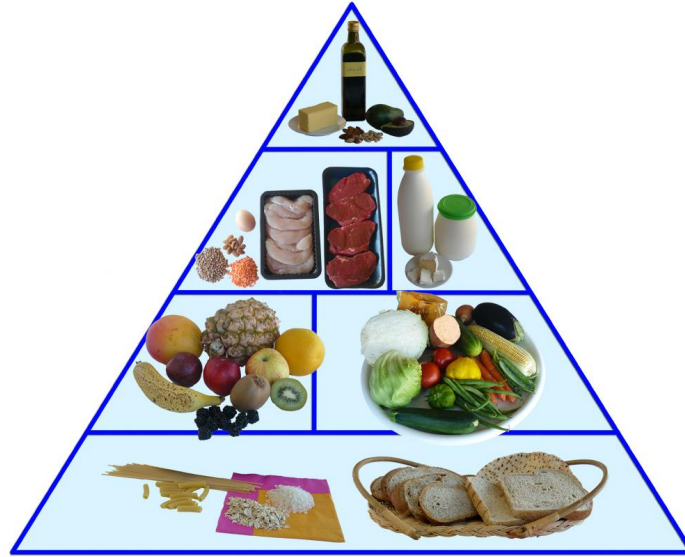


About Sniffer...

- He is a detective.
- He helps us to solve food problems.



The Food Pyramid

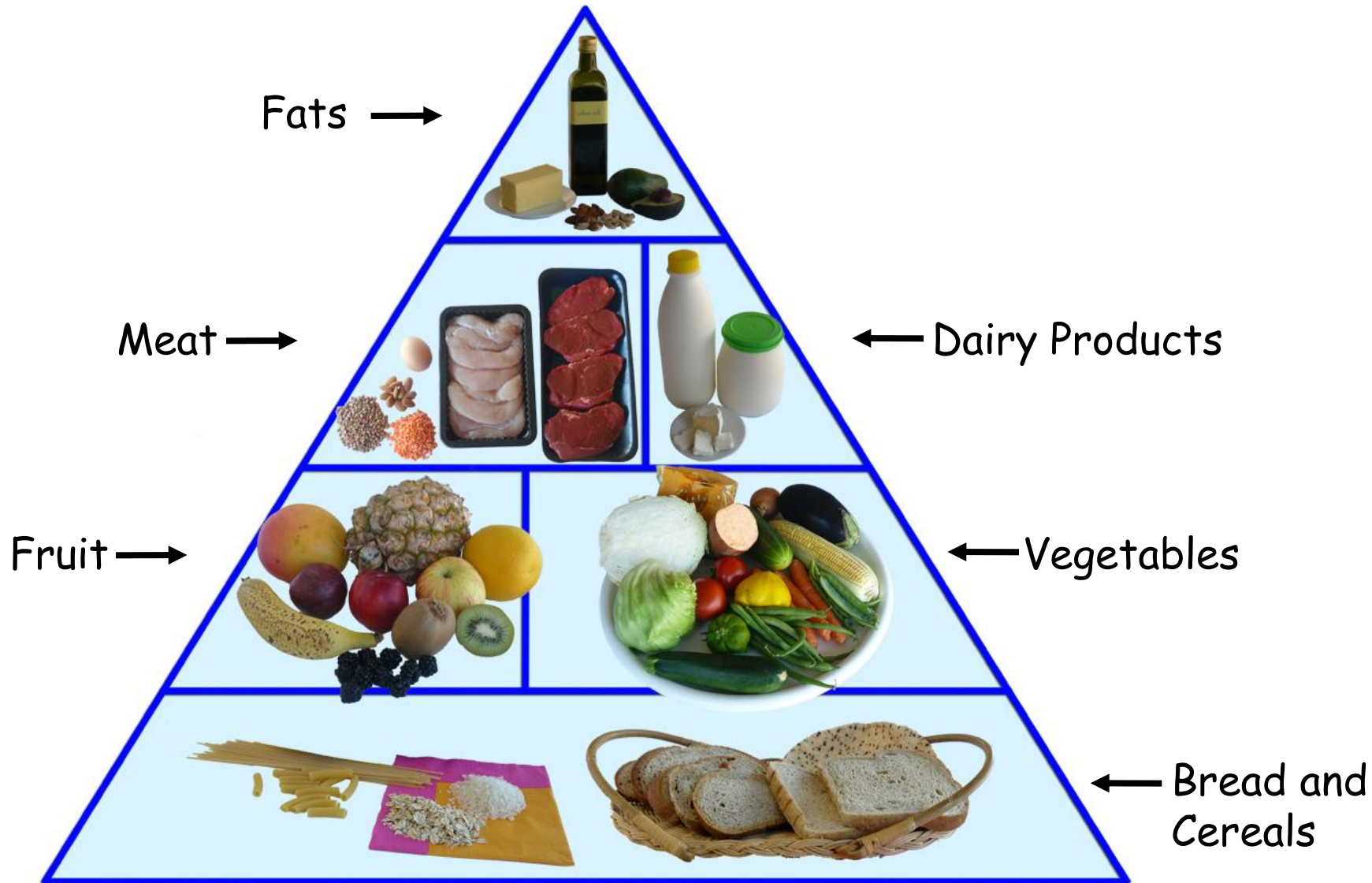


- It helps us to eat a variety of foods.
- It tells us to choose foods from each section every day.

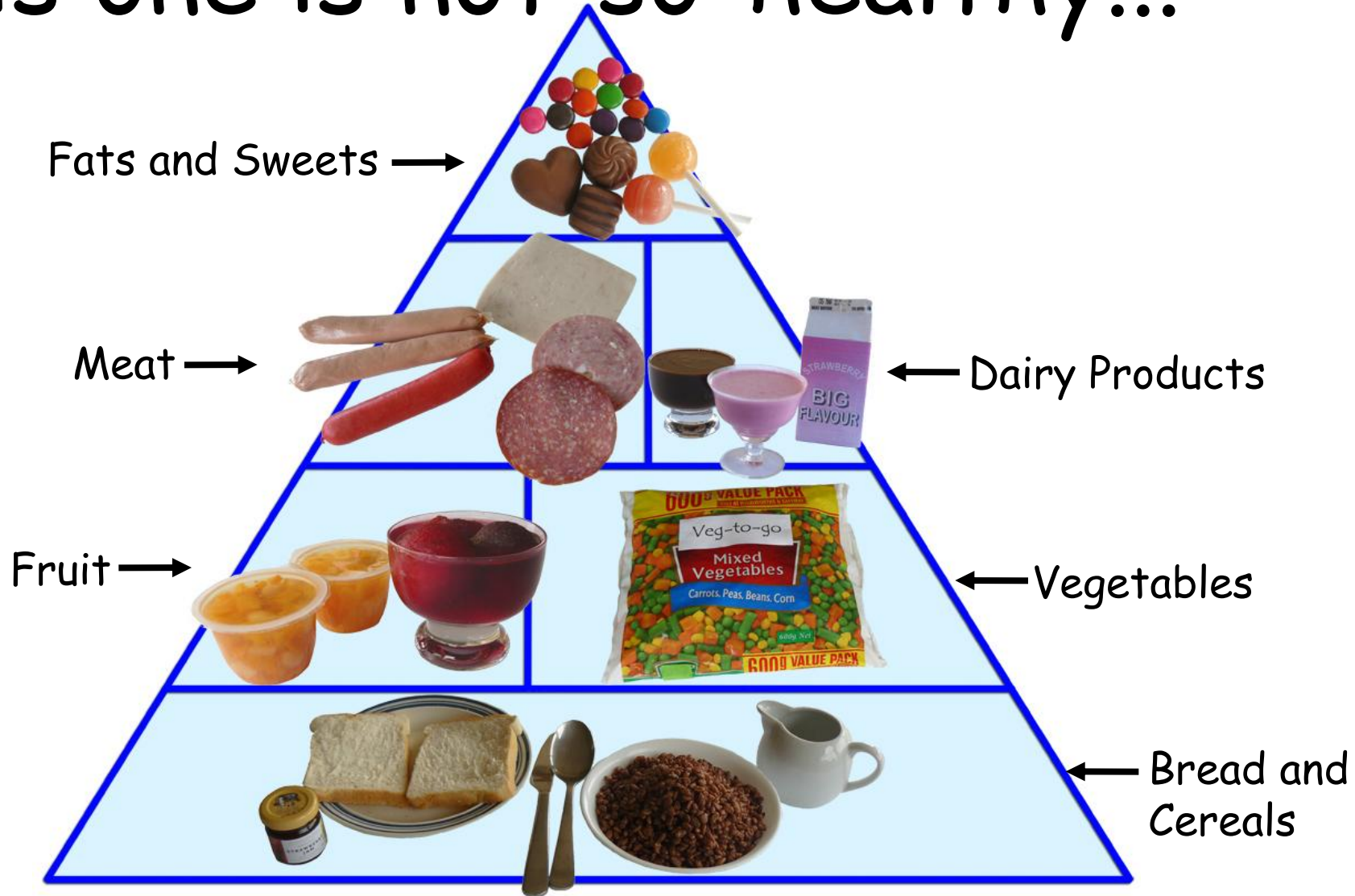


Choose only
healthy foods
from the food
pyramid.

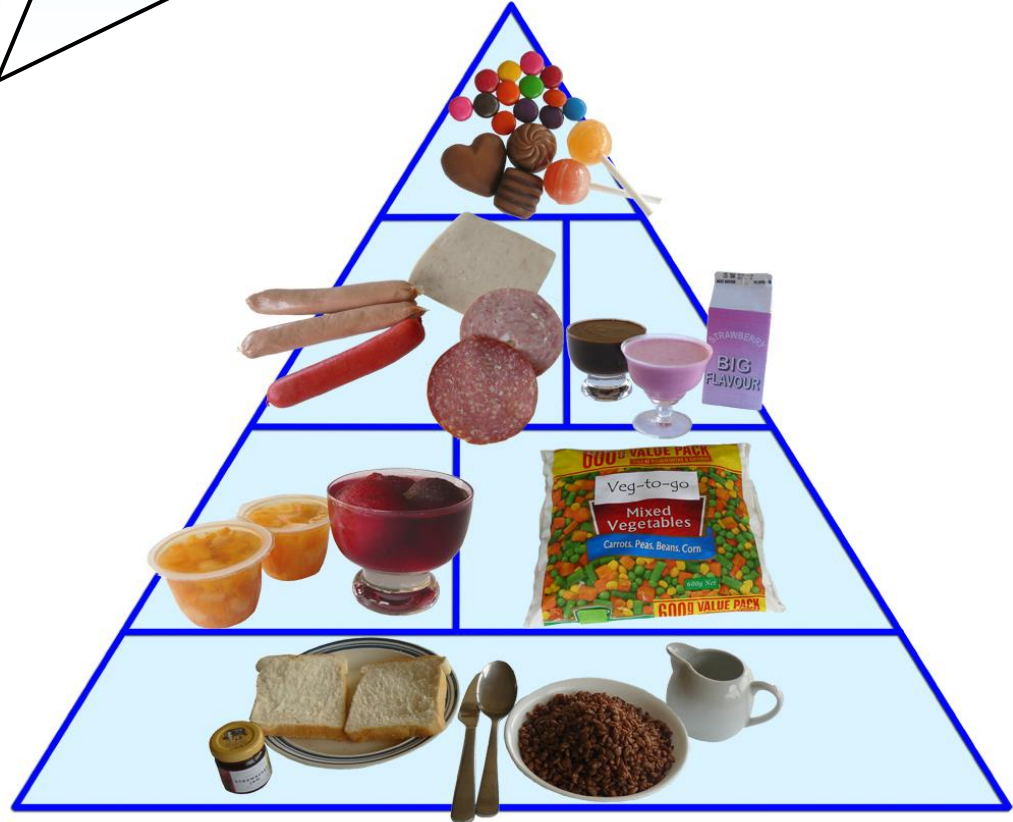
A healthy food pyramid



Here is another food pyramid. This one is not-so-healthy...



Can you help me find out why this food pyramid is not-so-healthy?



Which picture shows healthier food?
Point to the healthy food picture.



Which is best?

Fresh veg →



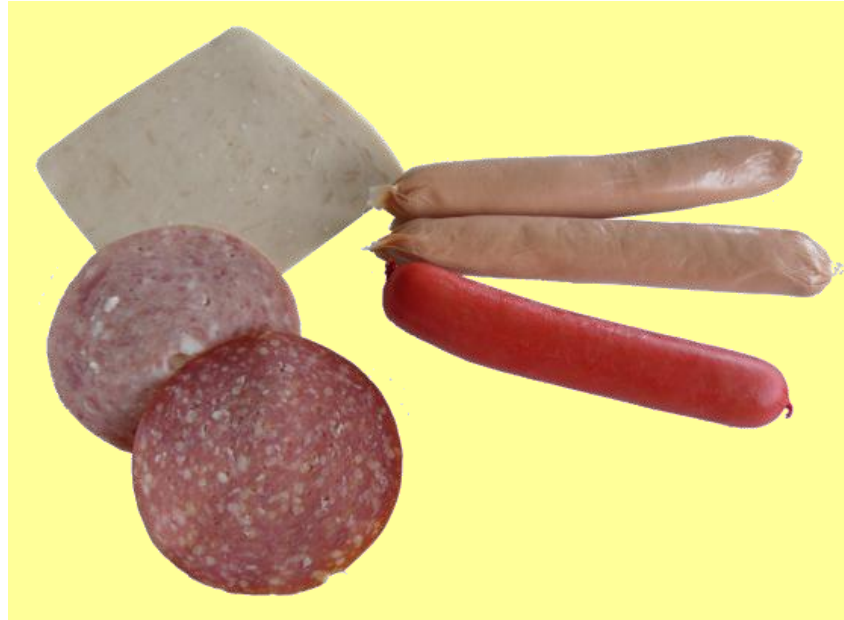
Which is best?



Fresh fruit→



Which is best?



Fresh meat,
fish, eggs,
lentils →



Milk, cheese and yoghurt

A



B



Which is best?

Fats and oils

Which is best?



Margarine and canola oil are bad fats.
Butter, olive oil, coconut oil, nuts and avocados
are good fats



Here's our
next
challenge.

Why is this person looking
so sad?





We need
some clues.

I think I've found some.
Let's look in his
supermarket trolley.



Let's find out how Supermax keeps so fit.



I follow the
rules for
healthy living.



S

2 8 2
3 3 5
9 5 2

t

a

r

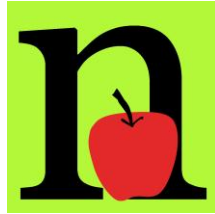
t

n

e

w

What do the 8 letters
stand for?



for nutrient





for exercise



W for water





for sunlight



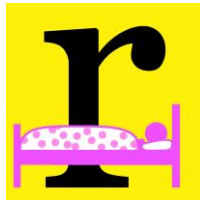
2 8 2
3 3 5
9 6 2

t for toxin free



a for air





for rest





for think happy thoughts
and trust in God



Follow us in the food and fitness challenge for a **NEW START** to healthy living!

