

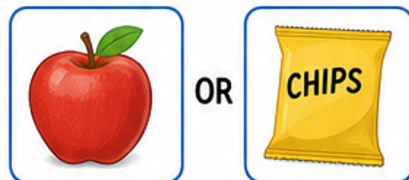
Nutrition Choices Scenario Cards

✂ Cut out the cards. Read each scenario and choose a healthy option.

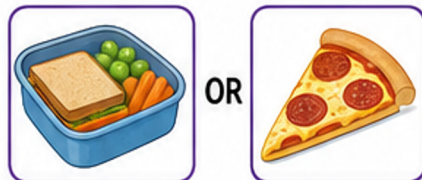
- 1** It's morning and you're getting ready for school.
What is a healthy choice for breakfast?



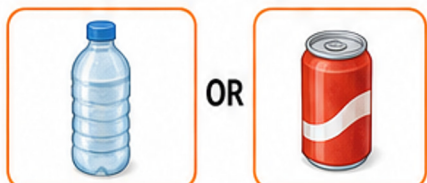
- 2** You are hungry between meals.
What is a healthy snack choice?



- 3** It's lunchtime at school.
What is a healthy choice for your lunch?



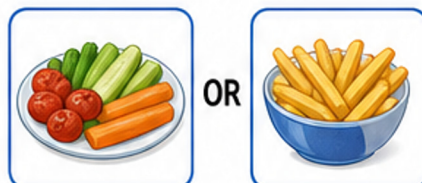
- 4** You're thirsty after playing outside.
What is the healthier drink?



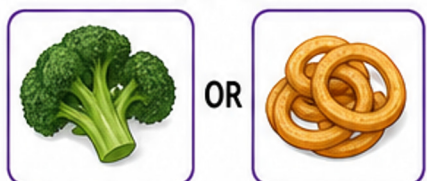
- 5** You are at a friend's birthday party.
What is a healthier choice?



- 6** You have a choice before dinner.
What is a healthy choice?



- 7** You're choosing a side with your meal.
What is a healthier option?



- 8** You want something sweet after dinner.
What is the healthier choice?



- 9** You're at the shops with your family.
What is a better choice to buy?



- 10** You have training or sports after school.
What should you choose to fuel your body?



- 11** You are feeling tired in the afternoon.
What is a better choice to help you feel your best?



- 12** You are making breakfast for the weekend.
What is a healthy choice?



Choose nutritious foods



Drink water



Fuel your body



Healthy choices every day