

# BEAR'S GRRREAT FOOD QUEST

**BEAR** has a growly tummy! He needs lots of healthy food to keep him fit and strong, and to give him energy for the day.

Can you help **BEAR** pack a healthy morning snack and a healthy afternoon snack? Draw or write your ideas in **BEAR**'s snack boxes.



## REMEMBER...

**EAT LOTS OF THESE:** fruit and vegetables (at least five portions a day), bread, pasta, rice, cereal

**EAT SOME OF THESE:** nuts, eggs, lentils, meat, milk, yoghurt, cheese

**EAT VERY FEW OF THESE:** Foods that are high in sugar, salt or fat (for example: chocolate, crisps, sweets)

