



BEAR[®]

& his Grrreat Food Quest

**This is BEAR. Say 'Hello'.
Now give us a growl!**





BEAR loves staying
healthy. He wants
everyone to be as
healthy and happy
as he is.

**BEAR is on a
Grrreat Food Quest.
He wants to show us
how choosing the right
foods can keep our
bodies healthy.**



**There are lots
of different
kinds of foods.**

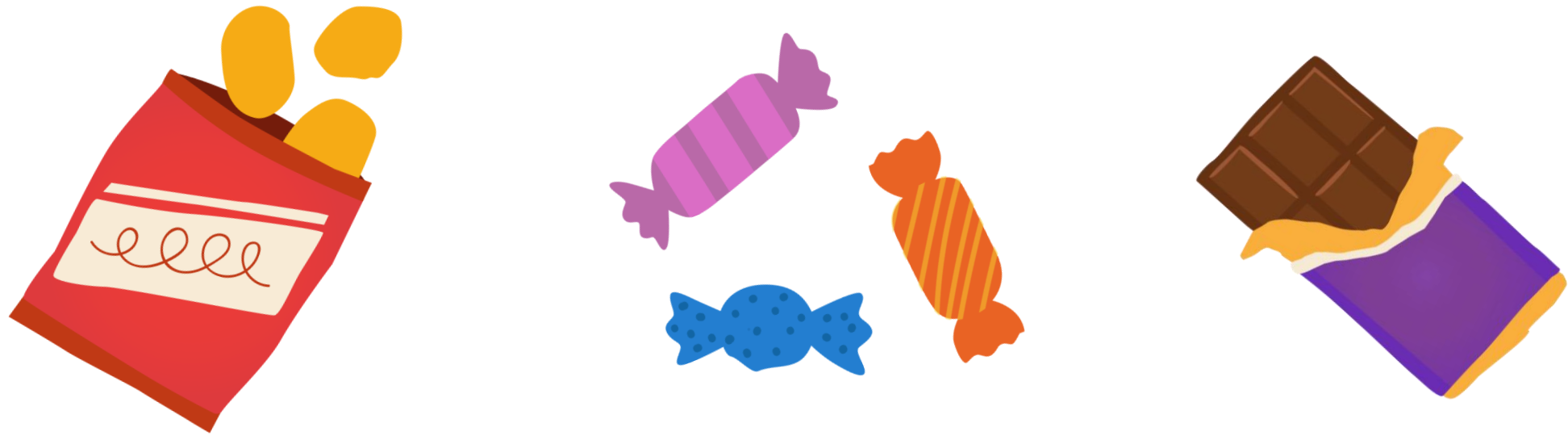


Some foods we
should only eat
occasionally.

Some we should
eat more **often.**

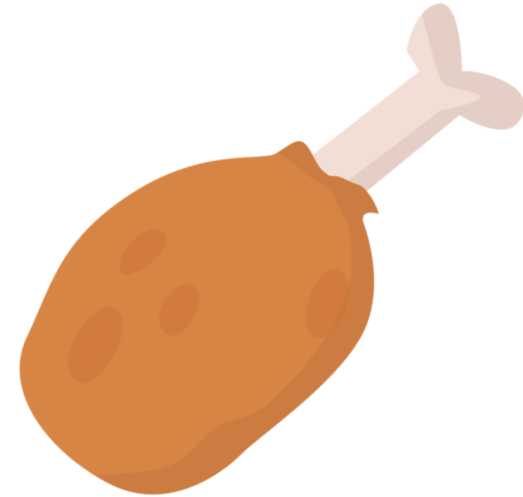
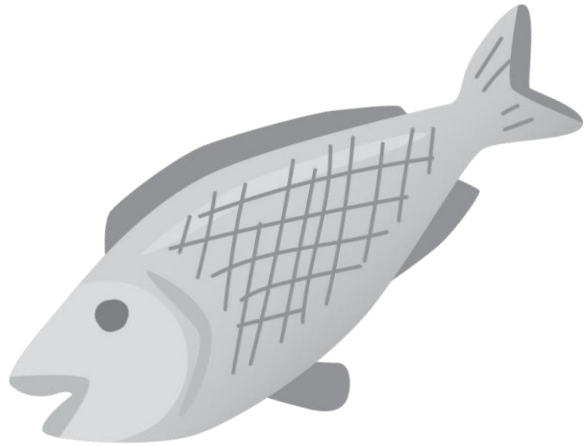
And some we
should eat **a lot.**

These foods contain lots of **sugar, fat or salt**. Too many of these can harm our bodies.



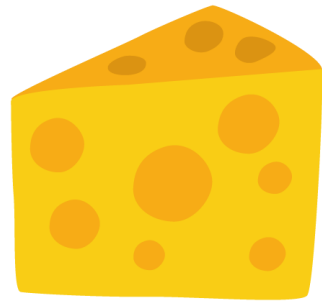
We should only eat these foods **occasionally**.

**These foods help our body repair
itself when we are injured, and
help us grow.**



**We should eat some of them
every week.**

Dairy foods like these help our
bodies **grow**. They make our
teeth and bones strong.



**We should eat some of
them every day.**

(If you can't eat dairy foods, there are lots of
other good choices, such as **soy** or **coconut**.)

Foods such as bread, rice, pasta and cereal give our bodies lots of energy.



**We should eat lots of them
every day.**

**Fruit and vegetables are some
of the healthiest foods of all.**

**We should eat lots of them
every day.**





Fruit and vegetables have an important job to do.

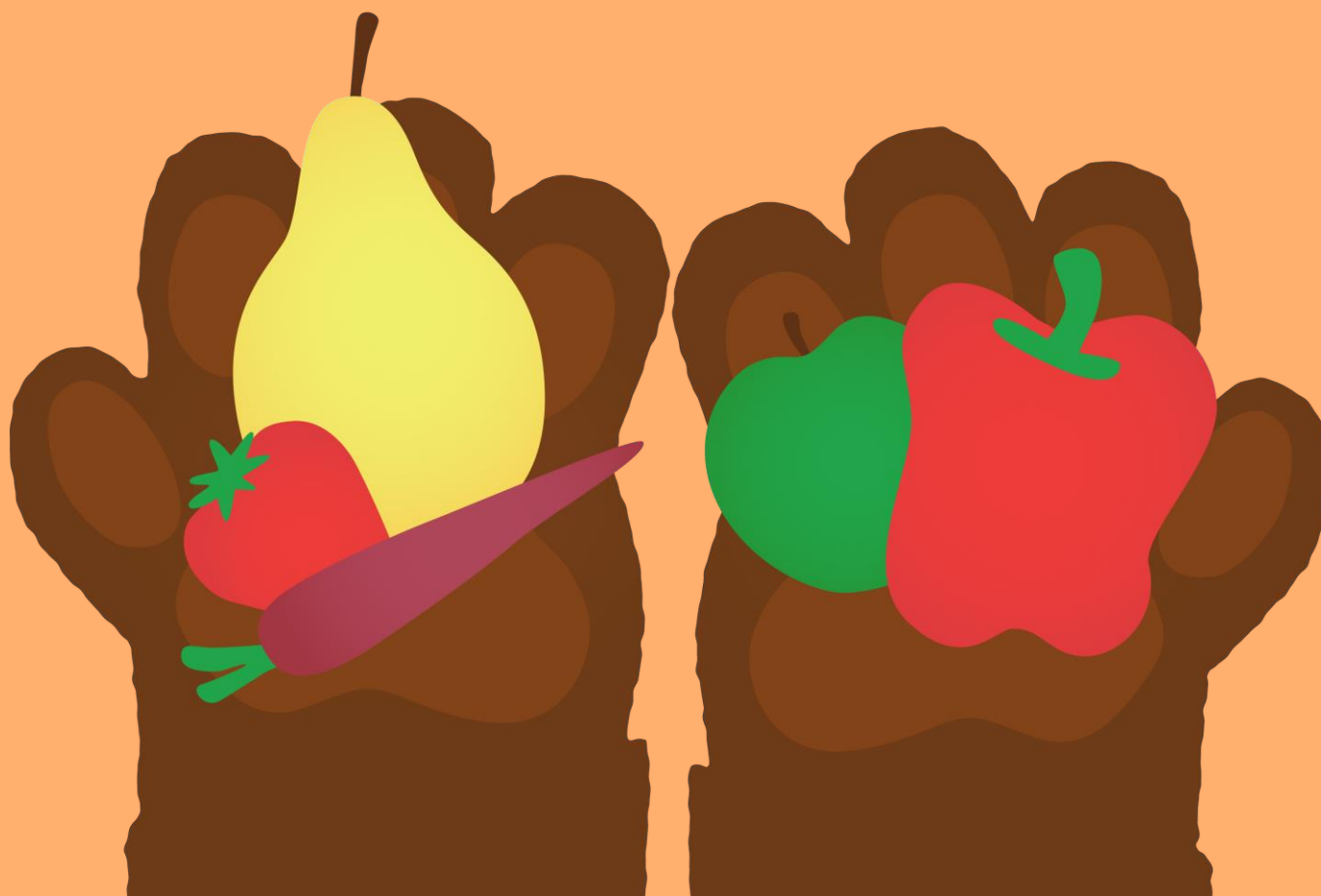
They give us vitamins and minerals, which help to stop our bodies getting sick.

They also contain fibre, which helps food pass easily through our bodies.



**Do you know how
many portions of
fruit & vegetables
we should eat
each day?**

**Doctors recommend at
least 5 portions of fruit
& vegetables every day.**



**But remember that
fruit and vegetables
come in lots of
different forms...**





fresh

frozen



juiced





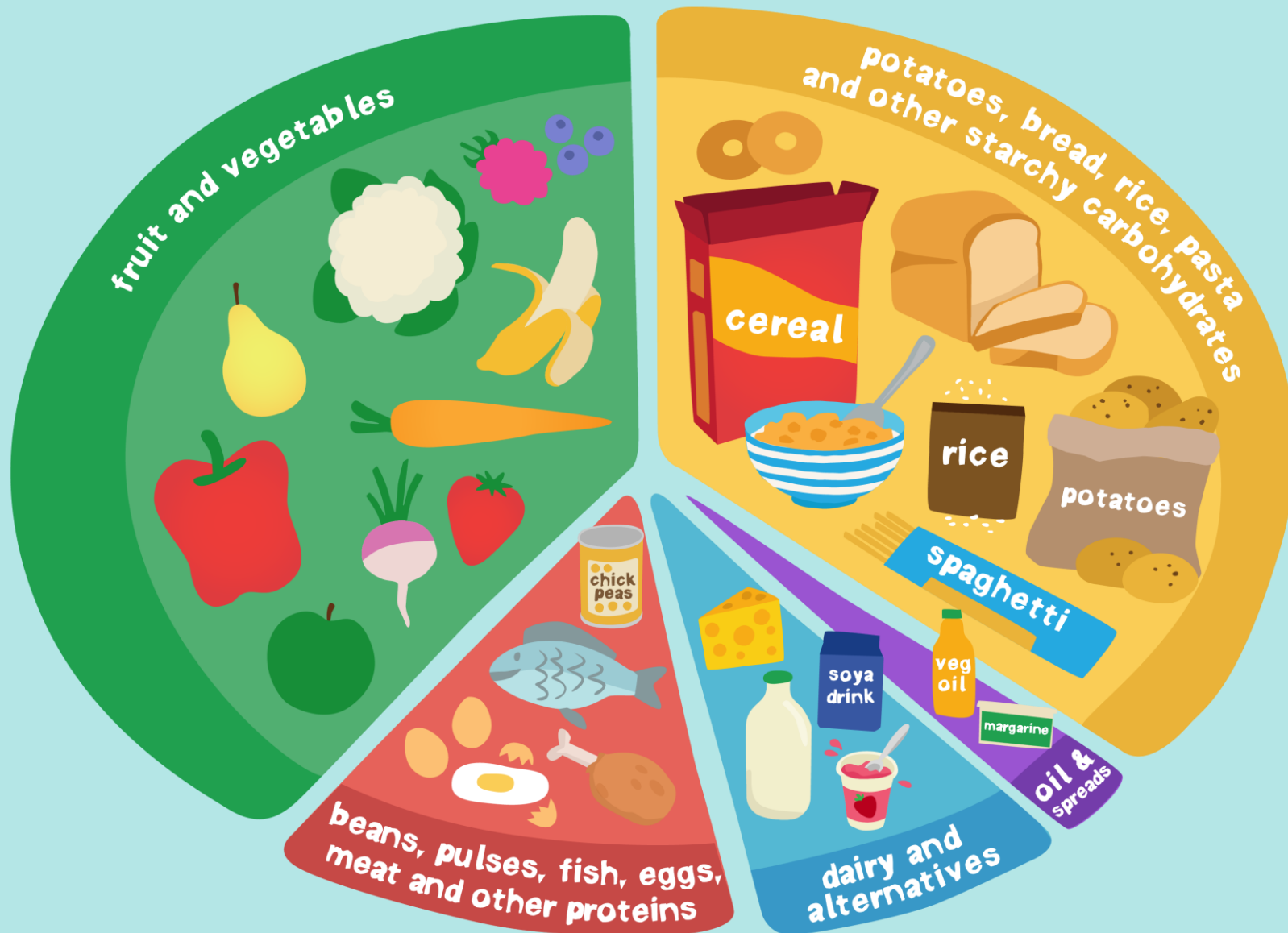
tinned



And **dried**



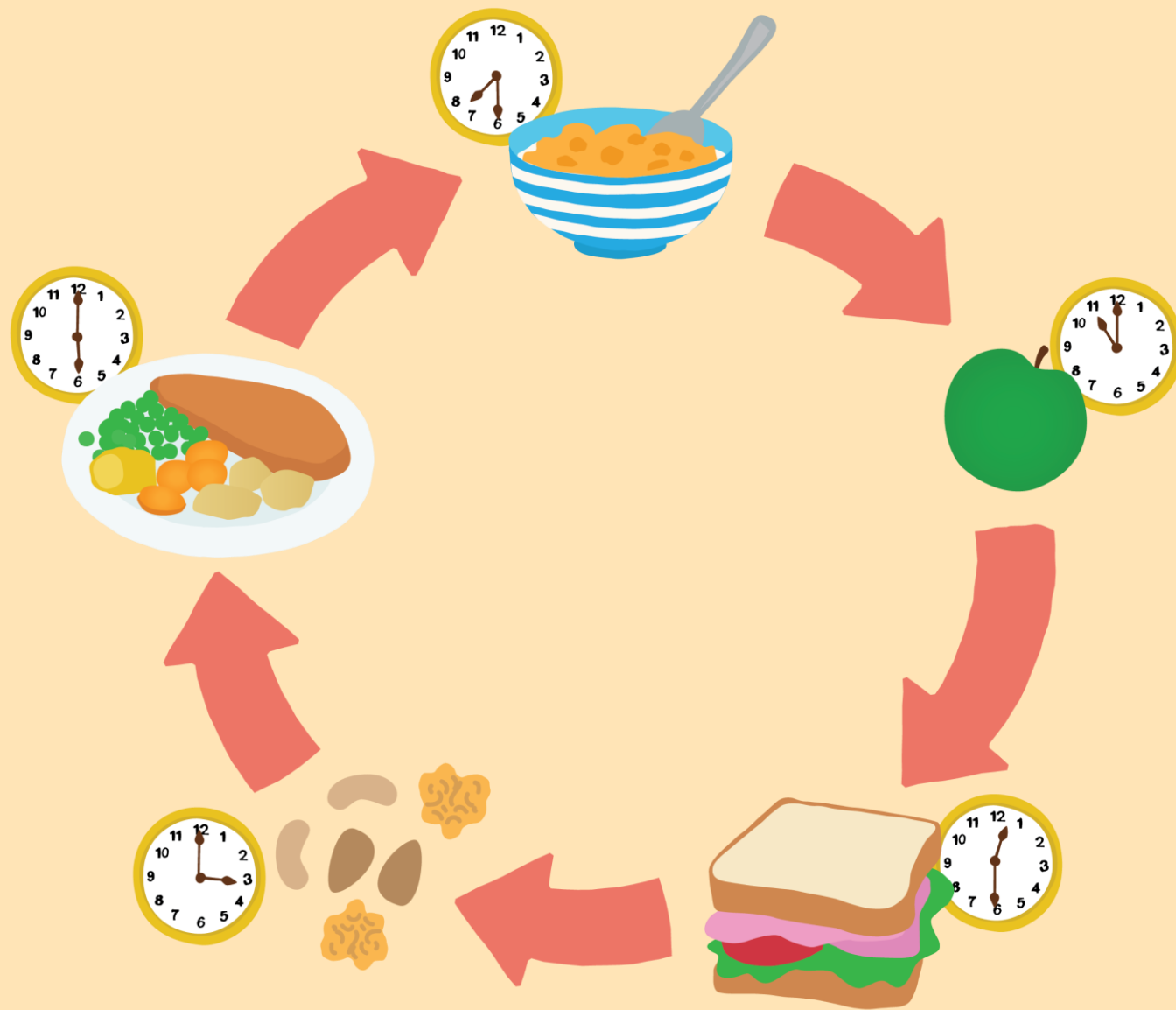
**Different fruit & vegetables
help our bodies in different
ways. It's great to eat lots of
different kinds and colours.**



**This picture
shows the
right amounts
to eat of the
different kinds
of food.**

**The more space
they take up on the
plate, the more we
should eat!**

**This can help us make
healthier choices
about food.**



**Think about
the foods you
eat each day.**

**What healthier
choices could
you make?**

And the best part is...
when our bodies are
healthy, we are happier.

And we can grow big &
strong, just like BEAR!

