

SLEEP

Sugar that is not burned off
is converted in to...

FAT

To function efficiently, our
bodies and brains need a
regular supply of this from
our diet...

CARBOHYDRATE

Fruit and vegetables provide vitamins to maintain body cells and protect our...

IMMUNE SYSTEM

Spending too much time sitting still and looking at screens can increase our risk of illness.

For a healthy body and brain we should...

**LIMIT SCREEN TIME AND
KEEP MOVING
THROUGHOUT THE DAY**

A can of cola contains more
sugar than any of us should
have in a whole day.

A can of cola contains...

**9 SUGAR CUBES
(35g of sugar)**

The most important meal of
the day to break the
overnight fast is...

BREAKFAST

Drinking too much of this can be just as harmful as drinking Coca Cola or Monster due to the sugar content...

FRUIT JUICE

To reduce stress, sleep better and control weight - young people should be active for...

**60 MINUTES
EACH DAY**

Looking at screens before
bedtime stops the release of the
sleepy hormone called
Melatonin.
To get to sleep easily we should...

**SWITCH OFF ALL DEVICES
1 HOUR BEFORE BED**

Getting enough of this helps
to boost immunity, reduces
the risk of obesity, improves
mental wellbeing and protects
physical health...