



Active Lifestyles 20 Week Programme Plan

Week	Nutritional focus	Required/Notes	Handouts	Where to order:	Week	Nutritional focus	Required/Notes	Handouts	Where to order:
1	5+ a day		Colouring in 5+ a Day Every Day	http://www.Saday.co.nz/education/health-professionals.aspx	11	Snacks if hungry	Celery and carrots, prepped and bagged. *not eating main meal, cut back on snacks (older, smaller)	Healthy Snacks Made Fun	
2	Breakfast		Breakfast-eater	http://www.breakfast-eaters.org.nz/content/order-resources	12	Water & Milk		Dairy Choices	
3	Lunchboxes		Kids in the Kitchen Cookbook	http://www.heartfoundation.org.nz/order-resources/index	13	Healthy Fats		Healthier Fats	
4	Meal Plan	Whiteboard markers	Weekly Meal Planner		14	Food Safety		Food Safety Handouts	http://www.foodsafety.govt.nz/elibrary/consumer/food-safety-in-the-home.pdf
5	Portion sizes		Portion Sizes		15	Fibre and Sodium		Fibre and Sodium	
6	Label reading		Label Reading		16	Calories/KJ's		Calories	
7	Shopping		Tips for Shopping		17	Make a plate	Plain white plate/ceramic paints	Make a plate	
8	Sugar Talk	Board - labels, cups, sugar	Sugary Drinks		18	Eating for healthy children		MOH eating for healthy children	https://www.health.govt.nz/resource/eating-healthy-children-aged-2-12-year-101
9	Fussy Eaters		Fussy Eaters		19	Celebrations	Not using food for rewards	Celebrations	
10	Exercise to burn off food		Exercise To Burn Off Food		20	Cultural foods/Takeaways	Healthy options	Best Of The Best Takeaways	