



Answer Guide

Page 1 Answers:

Any Meal!

D. Broccoli - Broccoli and green, leafy vegetables are a great source of calcium. Cut some up and bring along some dip for a tasty lunch-time snack!

C. Playing outside with your friends

D. Every day for one hour - Kids aged between 5 and 12 years need at least 60 minutes a day of moderate and vigorous activity. It's even better to be active for up to a couple of hours each day. Moderate physical activity includes brisk walking, bike riding, skateboarding and dancing. Vigorous activities are ones that make you 'huff and puff', like running and playing games like basketball and football.