<table>
<thead>
<tr>
<th>Week:</th>
<th>Food and Drink</th>
<th>Exercise and Activity</th>
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<tbody>
<tr>
<td></td>
<td><img src="image" alt="Green" /></td>
<td><img src="image" alt="Smiley" /></td>
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<td>Monday</td>
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<td>Sunday</td>
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Every time you eat something from the green page, stick a ![Green](image)

Every time you eat something from the orange page, stick a ![Orange](image)

Every time you eat something from the red page, stick a ![Red](image)

Every time you do some activity or exercise, stick a ![Smiley](image)
These foods are healthy. Have more of these

Vegetables:

Fruit:

Tinned fruit and Vegetables:

Drinks:

Diet
No sugar and just a splash of milk

Herbs, spices and sweeteners:

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These foods are healthy too but don’t have too much

Potatoes, pasta and rice

Breads and crackers

Healthy Cereals

Fruit drinks and dried fruit

Milk, yogurts and cheese

Meat, fish, eggs and beans

Soups

Healthy spreads, sauces and oils

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These foods are not healthy. Have less of these.

Sweets and chocolate

Crisps

Cakes and biscuits

Fast Food

Fried, batter and pastry foods

Sugary cereals

Sauces and unhealthy spreads

Alcohol and sugary drinks

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Activities to try

At home

Out and about

With other people

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