

FUN FOOD

LEARN | PRACTICE | BE WELL



| FOR ALL AGES |

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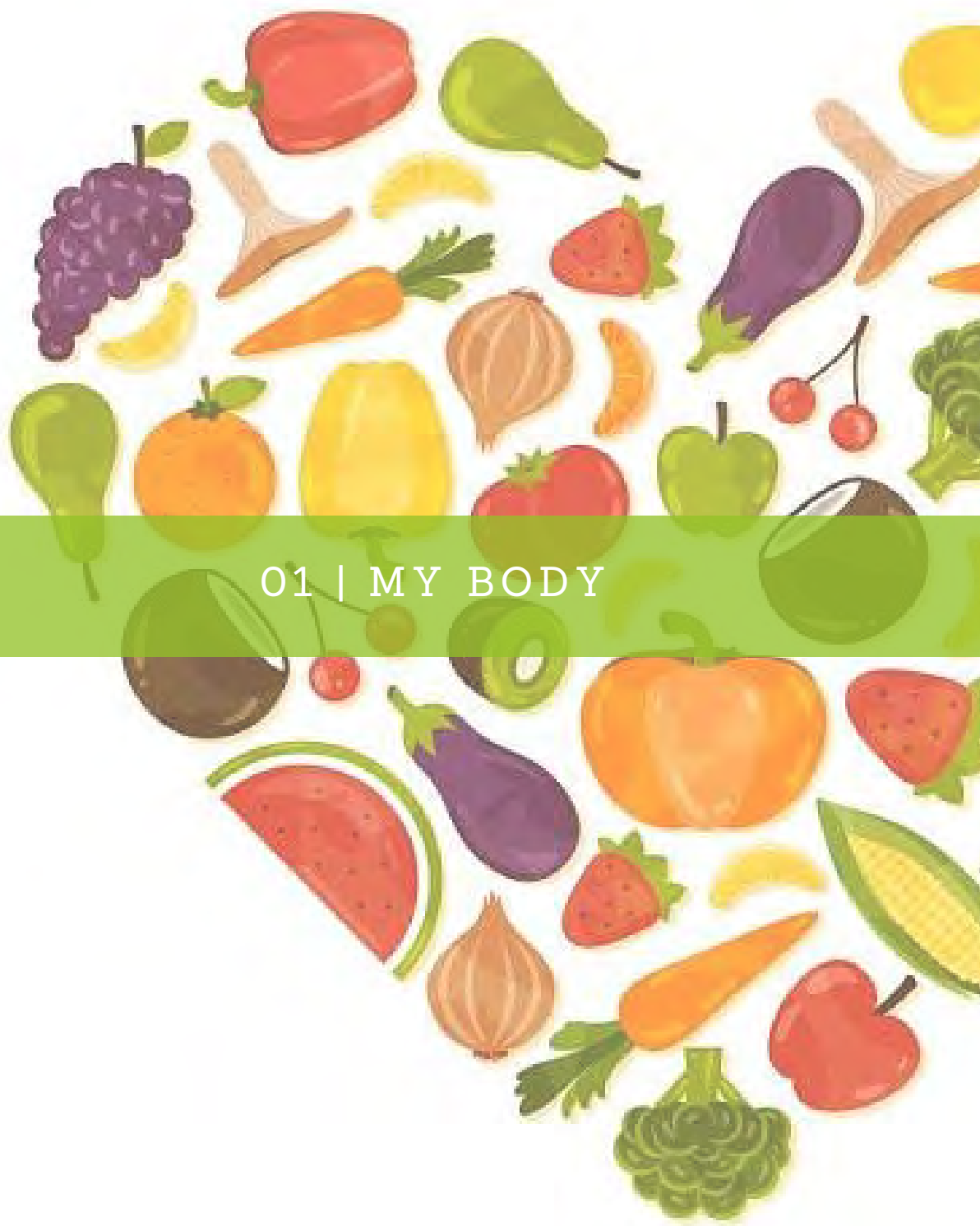
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01 | MY BODY



For our bodies to grow big
and strong, and make us
able to do all the things
we want to do in our life
(like ride our bikes and run our races),
we need to feed ourselves
with the best foods possible.

We need to make sure we're getting all the
nutrition we need, so that we can grow
strong and be healthy!

Our body is made up of
lots and lots of tiny cells.
What we eat and drink,
feeds every single little
tiny cell in our whole body!
That's alot of cells!!!!

So we need to be mindful
of what kinds of food we are eating.
We need to make sure we're eating
a variety of foods,
and not the same thing every day.

We need to make sure we're not
eating too many lollies,
and make sure
we're drinking enough water every day.
So that our bodies
are healthy and happy!





02 | FOOD



There are many different types of foods, and these foods are put into different groups.

It's very important for us to eat from all different food groups, so that we can get all the different benefits from all the different foods.

We need to make sure that most of the food we're eating comes from the Earth, and that it's not made in a factory.

Food that is made in a factory has little to no nutrients, and this doesn't help our bodies at all, in fact it actually causes them harm.

We're only born with one body, so we need to make sure we take care of it, because unfortunately they don't sell new bodies in the shops.

In the next few pages, you'll learn a bit about the different food groups, and what foods fall into those groups.

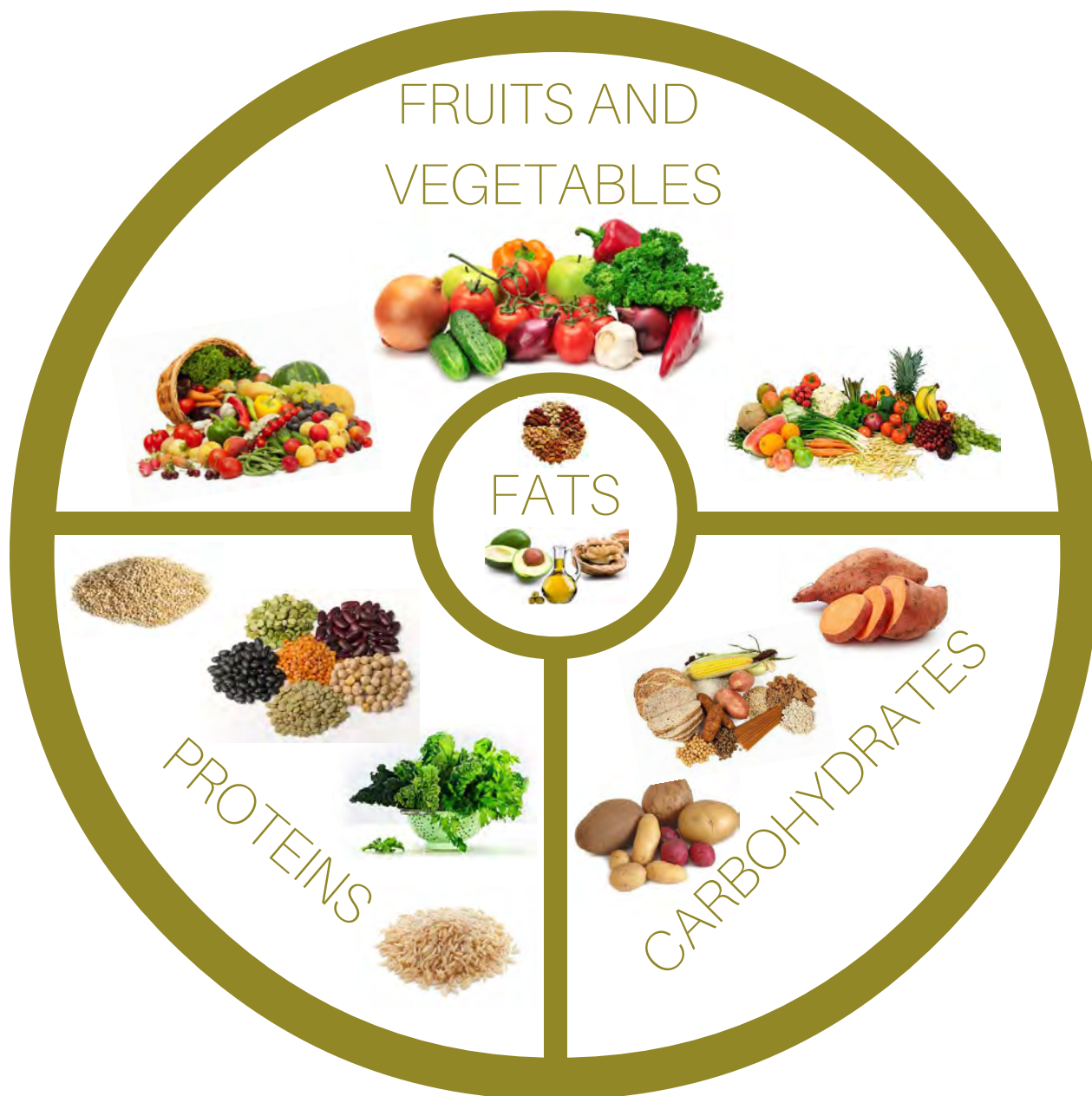




FOOD GROUPS

All the foods we eat are grouped into 2 main groups.

MACRONUTRIENTS



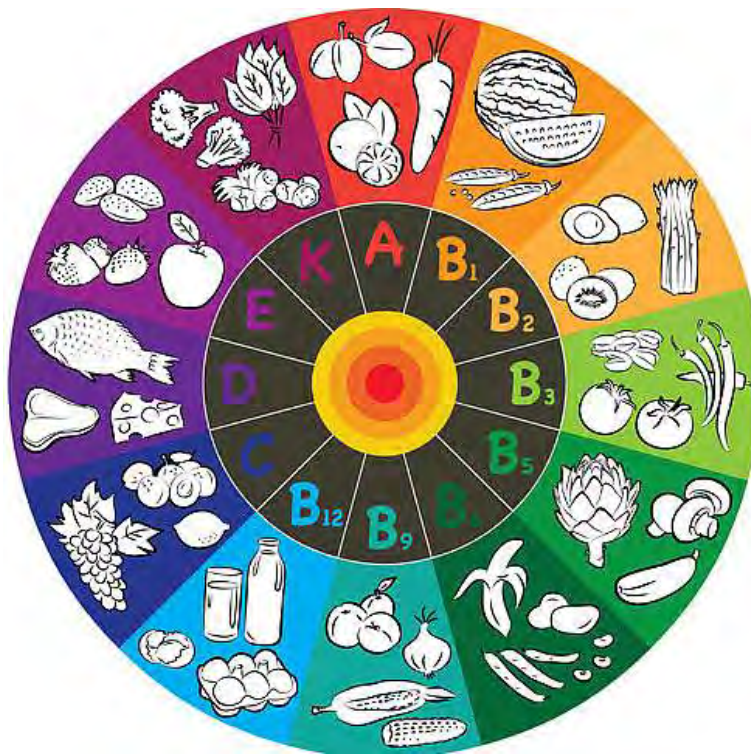


FOOD GROUPS

MICRONUTRIENTS

VITAMINS

13 Essential





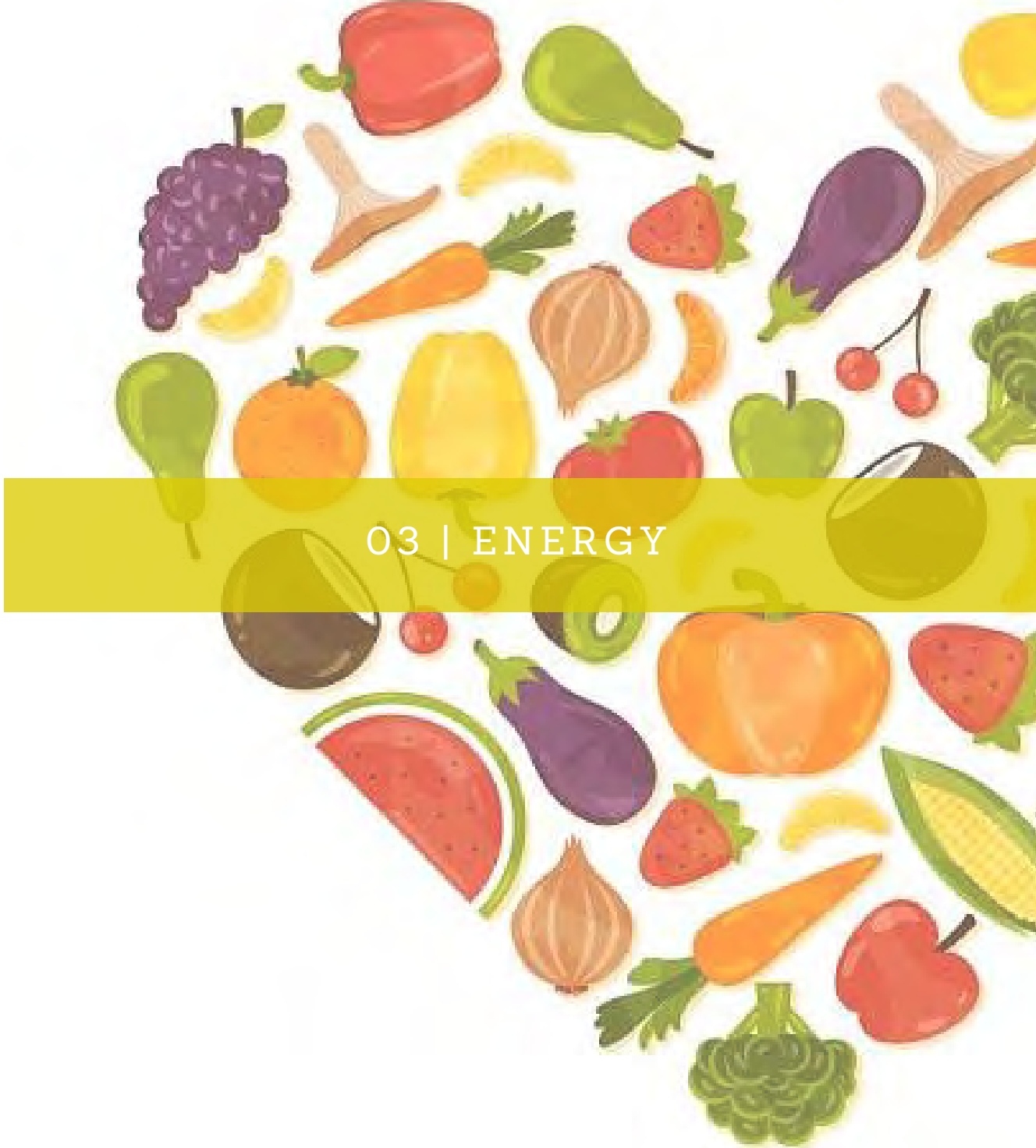
FOOD GROUPS

MICRONUTRIENTS

MINERALS

16 Essential





03 | ENERGY



When we're growing, our bodies need a lot of energy for all our cells, tissues and bones to grow big and strong.

And for us to have lots of energy, to be able to play our games and do well in our sports, we need to make sure we're eating enough of the proper foods at the right times in the right amounts.

Our body absorbs nutrients from all the foods we eat, and combines them to be able to nourish, repair and grow.

This is why it's so important for us to eat a variety of foods, and not just stick to peanut butter sandwiches, lollies and crisps.

Once our body has all it needs from the food we eat, it transforms this into energy, which is what makes us able to run around and play.

If we're not eating the right foods, our bodies can't get the right combination of nutrients to make energy. That leaves us feeling tired and like we have no energy at all.





04 | GOOD HABITS

- 1** DRINK LOTS OF WATER
- 2** EAT A GOOD NUTRITIOUS BREAKFAST
- 3** SNACK ON FRUIT IF WE'RE HUNGRY BETWEEN MEALS
- 4** EAT A LUNCH THAT HAS CARBOHYDRATES, PROTEIN AND HEALTHY FATS
- 5** DRINK MORE WATER IF WE'RE THIRSTY
- 6** ENJOY AFTERNOON ACTIVITIES AND BE AS ACTIVE AS WE CAN
- 7** EAT A DINNER THAT'S FULL OF COLOR (ESPECIALLY GREEN)
- 8** HAVE A GOOD NIGHTS SLEEP



05 | RECIPE IDEAS

BREAKFAST

IDEAS

Porridge oats cooked with grated apple and cinnamon served with a spoonful of peanut butter and maple syrup/rice malt syrup to sweeten.

[Click for Recipe](#)

Homemade Crunchy Muesli topped with pecans, goji berries and maple syrup/rice malt syrup to sweeten

[Click for Recipe](#)

Homemade blueberry or bran muffins served with peanut or almond butter and a piece of fruit

Buckwheat and Banana Pancakes served with 'just fruit' strawberry jam and thinley sliced apple pieces

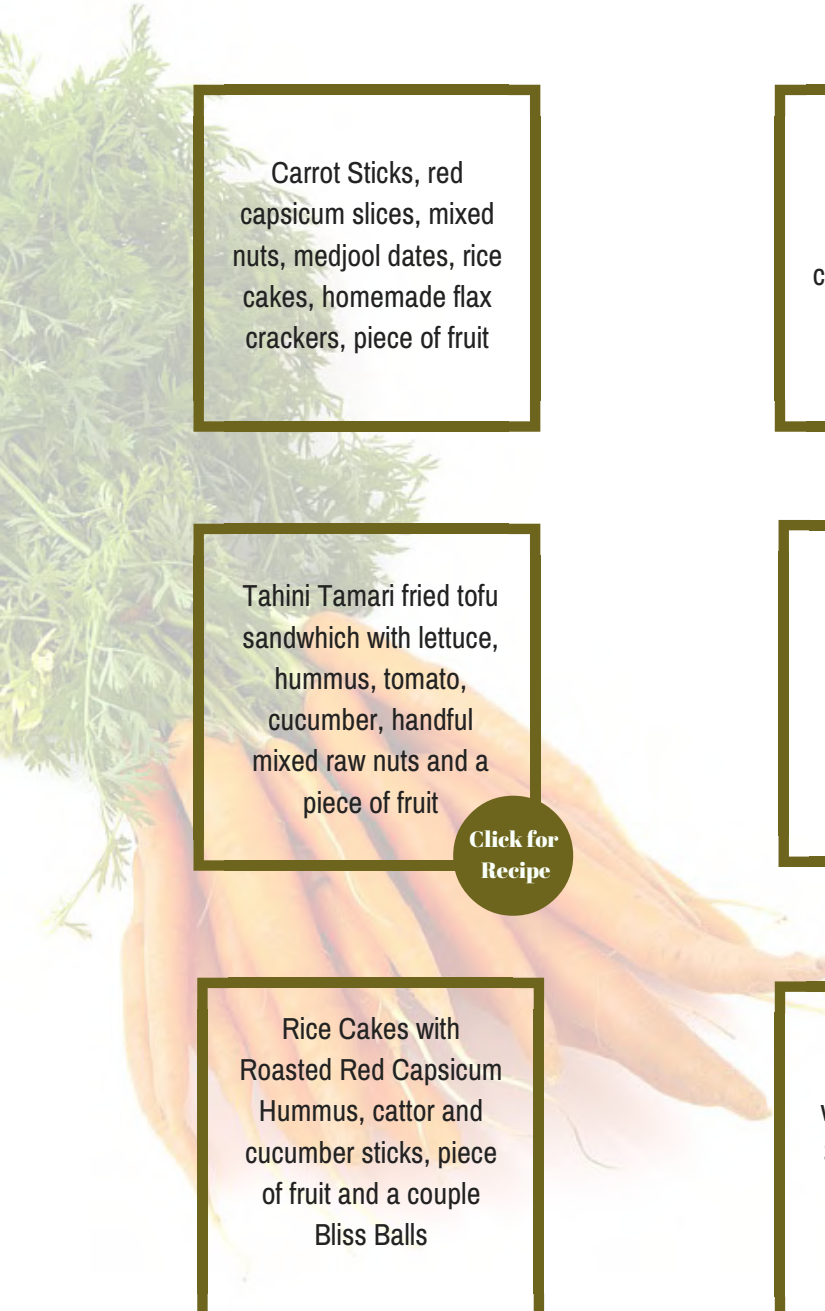
[Click for Recipe](#)

Quinoa Porridge made with sauteed apple and cinnamon, served with maple/rice mat syrup and soy milk.

[Click for Recipe](#)

LUNCH

IDEAS



Carrot Sticks, red capsicum slices, mixed nuts, medjool dates, rice cakes, homemade flax crackers, piece of fruit

Gluten free wrap filled with your favourite things, lettuce, grated carrot, tomato, hummus, cucumber and a piece of fruit

[Click for Recipe](#)

Tahini Tamari fried tofu sandwich with lettuce, hummus, tomato, cucumber, handful mixed raw nuts and a piece of fruit

[Click for Recipe](#)

Left Over Cheesy Vegan Gluten Free Pasta, piece of fruit, carrot and cucumber sticks, vegetable juice

[Click for Recipe](#)

Rice Cakes with Roasted Red Capsicum Hummus, cator and cucumber sticks, piece of fruit and a couple Bliss Balls

Hummus Sandwich with lettuce and tomato, 3 Medjool dates stuffed with Almond Butter, Piece of Fruit

DINNER

IDEAS

Roasted Red Capsicum
and Tomato Gluten
Free Pasta, with a side
of steamed Green
Beans

[Click for
Recipe](#)

Gluten Free Pizza Base
with Basil Pesto,
Zucchini Ribbons,
Tomato, Roasted
Aubergine, Pine Nuts
and Rocket

Lentil Bolognese with
carrots, tomato, etc and
Gluten Free Spaghetti,
served with Mixed
Green Salad

Brown Rice Vegetable
Stir Fry with a
Tahini/Tamari/Ginger/Le
mon/Rice Malt Syrup
Sauce topped with
toasted Cashew Nuts

Easy Peasy Vegan
Macaroni and Cheese
served with a side
Green Salad

[Click for
Recipe](#)

Mixed Herb Lentil and
Wild Rice
Chunky Soup
accompanied with a side
Green Salad

[Click for
Recipe](#)

DESSERT

IDEAS

Carob Banana Nice Cream made with frozen bananas and a little Almond Milk

[Click for Recipe](#)

Raw Chocolate Bliss Balls made with dates and Carob, rolled with toasted crushed nuts and desiccated coconut

[Click for Recipe](#)

Medjool Dates stuffed with Almond butter and a handful of fresh mixed berries

[Click for Recipe](#)

Sweet Potato Chocolate and Tahini Fudge with a Redbush Tea and a little Rice Malt Syrup

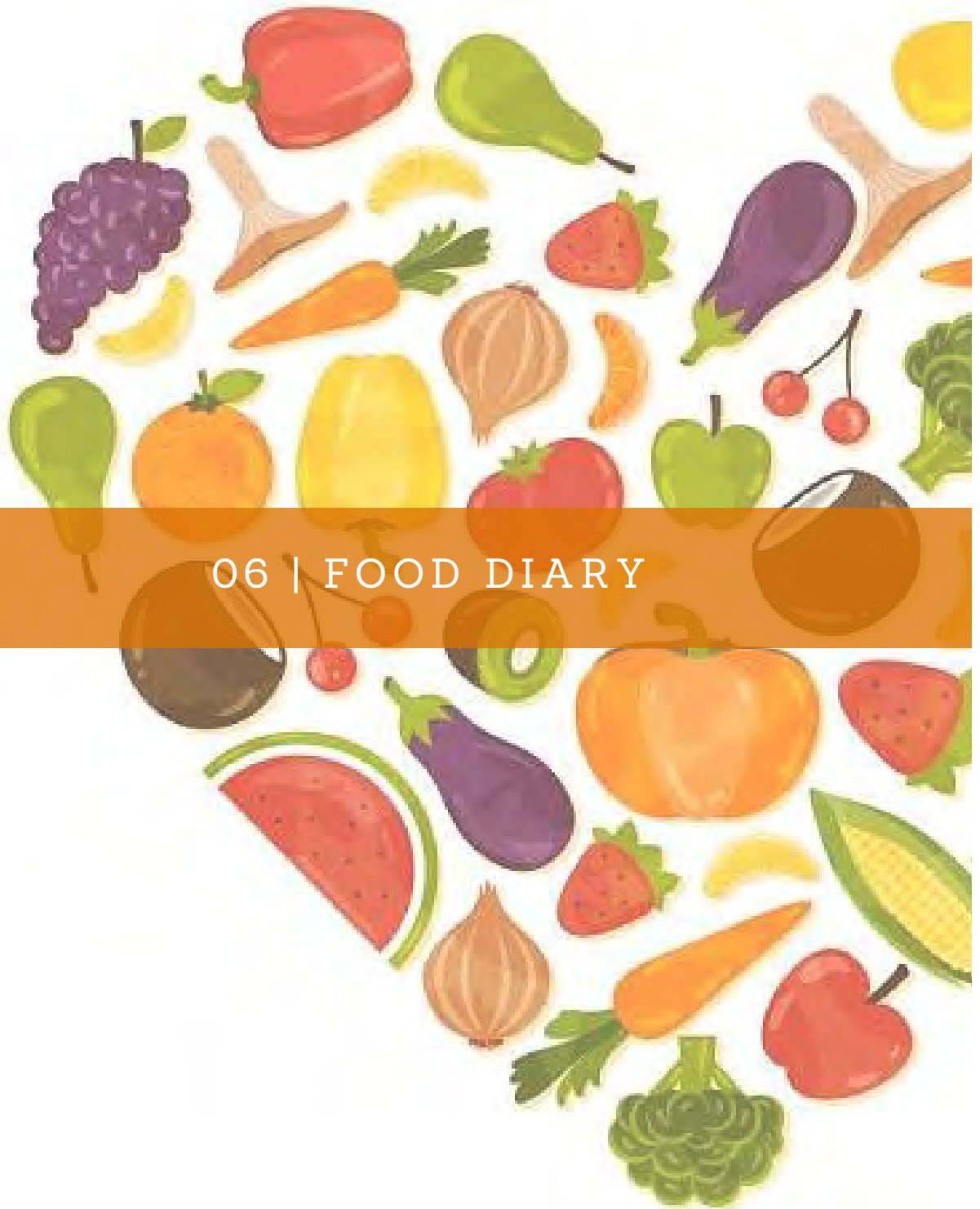
[Click for Recipe](#)

Chocolate Walnut Brownie served with Vanilla Banana Nicecream

[Click for Recipe](#)

Cinnamon Oat Crunchy Biscuits with a warm cup of Carob/Almond/Rice Malt Syrup Hot Chocolate

[Click for Recipe](#)



06 | FOOD DIARY

MY FOOD

DIARY

Use this Diary to write down all the food and drinks you have in a day.
Write down how you feel - were you happy or sad
- did you have loads of energy or did you feel quite tired
- did you sleep well or did you toss and turn
- were you hungry or did you not have an appetite

Slowly you will begin to learn how certain foods make you feel. This will help you to learn which foods you need to remove from your diet.
Everybody is different, and different food affect people differently.

What may make me feel amazing, may make you feel not so good.

This is why we need to learn to listen to our bodies, so that we know what to put into it and what not to.





DAY 1

BREAKFAST

ENERGY LEVEL
(1-10)

MOOD

LUNCH

ENERGY LEVEL
(1-10)

MOOD

DINNER

ENERGY LEVEL
(1-10)

MOOD

DESSERT

ENERGY LEVEL
(1-10)

MOOD



DAY 2

BREAKFAST

ENERGY LEVEL
(1-10)

MOOD

LUNCH

ENERGY LEVEL
(1-10)

MOOD

DINNER

ENERGY LEVEL
(1-10)

MOOD

DESSERT

ENERGY LEVEL
(1-10)

MOOD



DAY 3

BREAKFAST

ENERGY LEVEL
(1-10)

MOOD

LUNCH

ENERGY LEVEL
(1-10)

MOOD

DINNER

ENERGY LEVEL
(1-10)

MOOD

DESSERT

ENERGY LEVEL
(1-10)

MOOD



DAY 4

BREAKFAST	ENERGY LEVEL (1-10)
	MOOD
LUNCH	ENERGY LEVEL (1-10)
	MOOD
DINNER	ENERGY LEVEL (1-10)
	MOOD
DESSERT	ENERGY LEVEL (1-10)
	MOOD



DAY 5

BREAKFAST

ENERGY LEVEL
(1-10)

MOOD

LUNCH

ENERGY LEVEL
(1-10)

MOOD

DINNER

ENERGY LEVEL
(1-10)

MOOD

DESSERT

ENERGY LEVEL
(1-10)

MOOD

FUN FOOD

HIGH FIVE

FOOD GROUP HAND



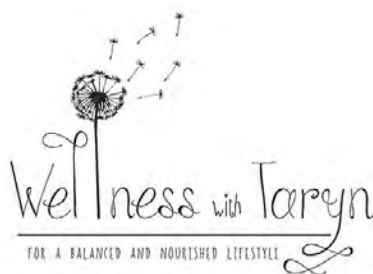
An Easy Way to Remember your 'Five a Day'



and don't forget
WATER

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FUN FOOD



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much love...

taryn 

DISCLAIMER

This eBook contains information that is intended to help the readers be better their health care. It is presented as general advice on wellness and health care, and all opinions are that of my own.

All information is intended to motivate readers to make their own nutrition and health decisions after consulting with their health care provider.

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