



National School Nutrition Programme

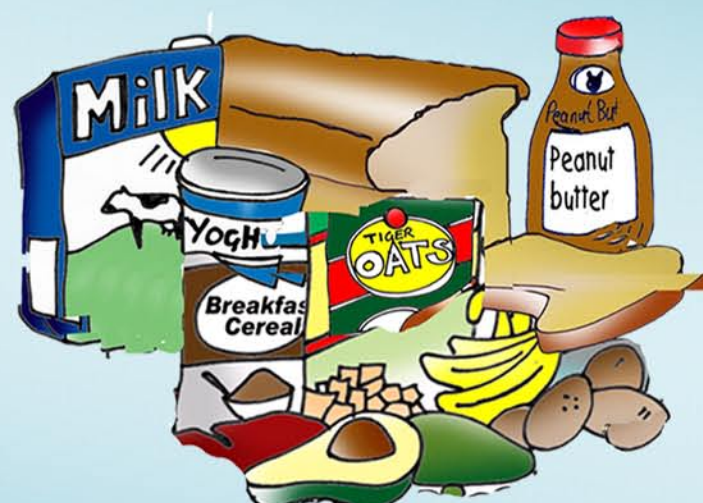


'EAT WELL AND KEEP MOVING'

Ways to Promote Healthy Lifestyles Among Children

Start Your Day with Breakfast!

FURTHER THAN BREAKFAST



Choose healthy food and snacks from different food groups to refill your stomach!



Healthy snacks



Drink lots of clean, safe water



Make Physical Activities Fun!

Get Moving!



Cut down on!



basic education
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