

Doughnut – is usually deep fried and full of fat. Better only to have cakes and pastries occasionally.



Fizzy Drink – has lots of sugar, which is bad for your teeth. Try water or milk instead.



Football – great exercise and fun too!



Crisps – high in fat and salt. Pick healthier snacks like rice cakes or breadsticks.



Folder – be organised – always come to school with the things you need.



Mobile Phone – using phones in school can disrupt everyone. Switch them off in class.



Pencil – pencils are another important thing to help you be organised.



Games Console – school work keeps you busy. Keep these games at home.



Calculator – can help in class and with homework. Another useful thing to keep you organised.



MP3 Player – these are great for relaxing in your spare time but better not used in class.



Rucksack – holds all your things for school. Make sure the straps are even to spread the weight equally.



Cone – watch out if you see this – it is a warning of danger.



Prefect Badge – taking responsibility is important. Get involved in helping at your school by being a prefect, on the pupil council or a peer mentor.



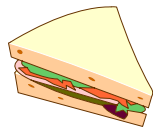
Litter – can be a big problem in schools and surrounding streets. It can make older people think that the young people in the school don't care and are not responsible.



Water – drinking water helps you think better. Try to drink six glasses every day.



Litter bin – always take pride in your school and community by using litter bins to help keep them tidy.



Sandwich – great for packed lunches. Better on wholemeal bread and add salad or fruit to your filling to keep them interesting.



Dog poo – when walking your dog always clean up using a pooper scooper then thoroughly wash your hands to prevent the spread of infection.



Packed lunch – remember to put some fruit and a drink in your lunch box.



Fish – high in protein and low in fat. Oily fish, like tuna and mackerel, contains Omega 3 which is good for your heart.



Chocolate – has lots of sugar and fat. Try something different like fruit loaf, a scone or a pancake.



Milk – contains calcium that helps build strong teeth and bones.



Alcohol – will affect your judgement and the choices you make. It may also cause long term health problems, such as liver damage.



Grapes – a handful of grapes counts as one portion towards your 5-a-day target.



Cigarettes – give you bad breath, yellow teeth and premature wrinkles. Smoking long term can damage your lungs and heart.