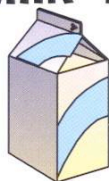


Drinks



At home or at school

Milk- Plain or flavoured



Choose Lite blue milk
for Children over 5

ONCE A DAY ONLY

Cocoa or Milo
Fruit Juice, Cordial
or Powder Drinks
Diluted with
PLENTY OF WATER



TEA IS NOT A
HEALTHY DRINK
FOR CHILDREN

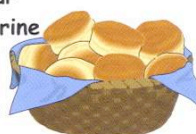
WEEK END ONLY
THESE HAVE LOTS OF SUGAR



Fizzy Drinks
Sports Drinks
Energy Drinks
(Such as "E" drinks)

Snack Ideas Scones

2 cups self raising flour
 $\frac{1}{2}$ cup butter or margarine
 $\frac{1}{2}$ cup milk



sift flour into bowl
rub in butter/margarine with fingertips
make a hole in centre
add milk into hole to make soft dough
turn onto floured board
knead slightly
press out to 2cm thick
cut into even shapes
place on floured baking tray
bake 10-15 minutes at 220°C

Mini Pizzas

Cut a hamburger bun in half
Spread with canned spaghetti,
Baked Beans or tomato sauce.

Add your choice of topping

onion
pineapple
tomato
chopped cooked ham



Top with grated cheese
Bake in oven at 180° for 15-20 minutes



Hā Ora
Resource Centre
Public Health Promotion
 Auckland Health Services Ltd

a+
Community Child Health
& Disability Service

Snacks Are Cool

Greetings



Fakalofa lahi atu

Snacking gives you

ENERGY

for
Learning, Growing
and Playing