

Wordsearch

Can you find the 12 dairy products below?

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | I | A | R | F | E | G | A | M | O | R | F | S |
| M | K | S | O | Y | A | C | H | E | E | S | E | O |
| K | G | M | O | T | L | T | Y | K | L | Y | T | Y |
| S | O | Y | A | M | I | L | K | E | L | U | T | A |
| E | A | R | R | M | E | O | M | S | M | I | B | Y |
| E | T | E | F | R | E | H | I | E | H | G | M | O |
| C | S | Y | Y | B | U | T | T | E | R | M | I | G |
| H | M | O | S | Y | S | U | K | H | E | S | L | H |
| E | I | G | O | C | R | Y | Y | C | E | I | M | U |
| S | L | H | R | A | D | D | E | H | C | A | I | R |
| U | K | U | E | E | T | G | O | E | E | I | Y | T |
| Y | T | R | F | M | U | Y | H | R | S | U | Y | G |
| C | O | T | T | A | G | E | C | H | E | E | S | E |

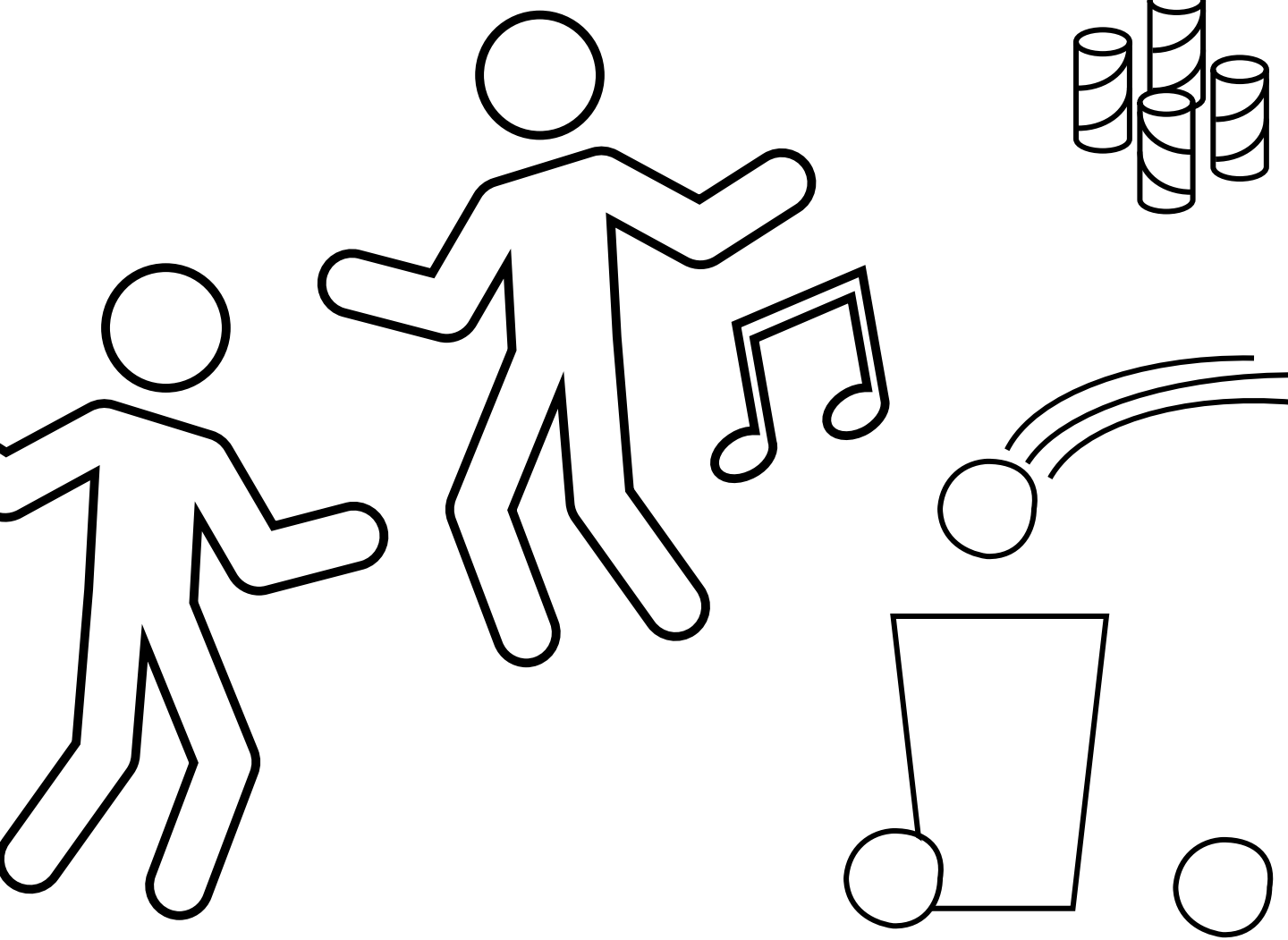
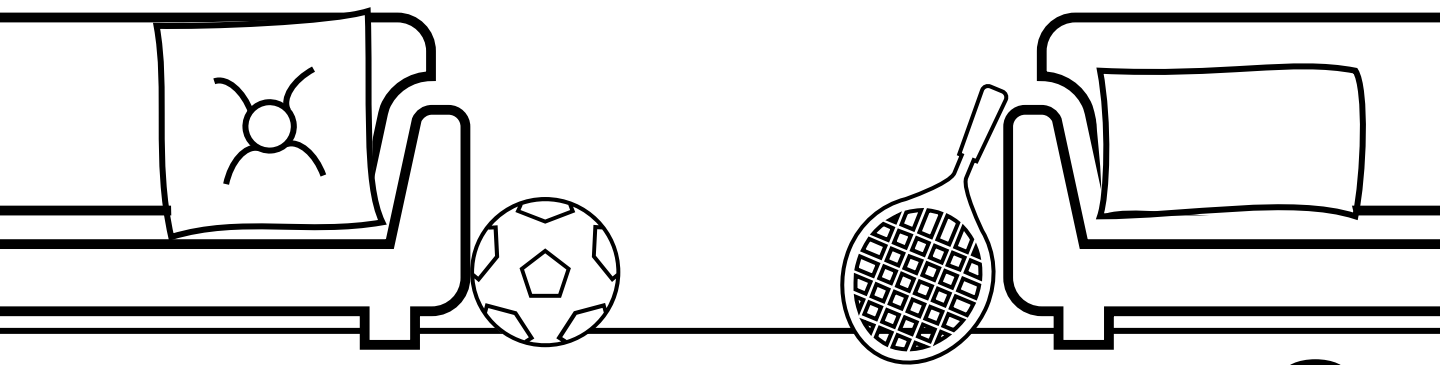
Butter
Cheese
Cheddar

Cottage cheese
Cream
Fromage Frais

Goats Milk
Milk
Soya Cheese

Soya Milk
Soya Yoghurt
Yoghurt

Milk, cheese, yoghurt and fromage frais are good sources of protein and some vitamins, and they're also an important source of calcium, which helps keep our bones healthy.



**FIND WAYS TO KEEP MOVING AT:
WWW.NHS.UK/CHANGE4LIFE**

Wordsearch

Can you find the 12 food that are high in fat below?

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | S | U | G | A | R | Y | D | R | I | N | K | S |
| C | U | W | R | A | M | A | E | R | C | E | C | I |
| A | B | I | S | C | U | I | T | S | R | D | H | M |
| S | T | E | S | N | I | F | F | U | M | R | O | C |
| D | S | E | K | A | C | N | K | U | E | K | C | R |
| O | K | T | U | T | G | S | I | G | A | Y | O | O |
| U | S | C | R | I | S | P | S | P | D | R | L | D |
| G | T | U | P | M | H | H | U | H | E | S | A | L |
| H | E | G | S | H | K | H | N | T | T | D | T | C |
| N | E | H | C | T | C | I | T | T | E | O | E | H |
| U | W | E | E | T | M | U | K | K | R | U | F | A |
| T | S | T | E | U | B | A | T | E | E | H | G | F |
| S | S | K | R | S | F | U | W | M | Y | P | F | U |

Biscuits
Butter
Cakes

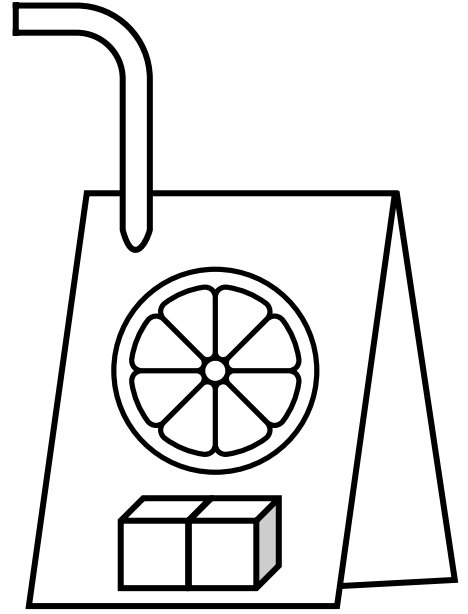
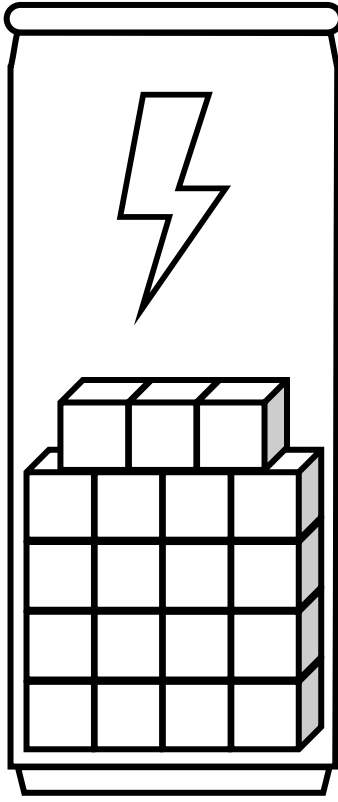
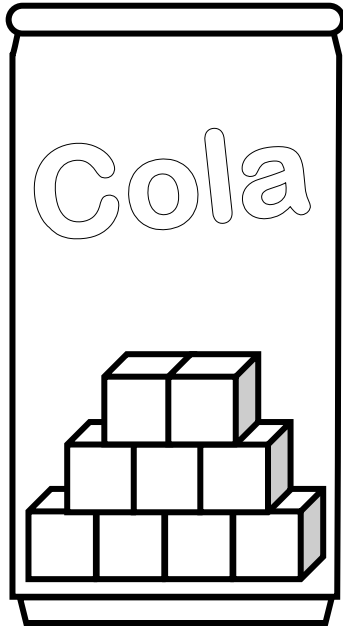
Chocolate
Crisps
Doughnuts

Ghee
Ice cream
Ketchup

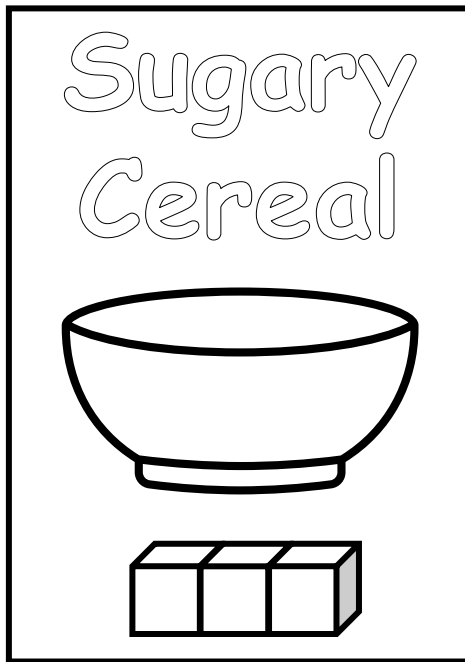
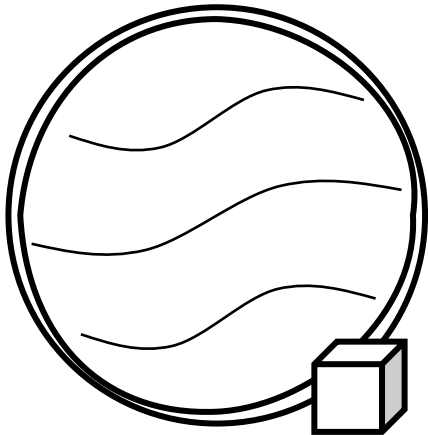
Muffins
Sugary drinks
Sweets

They're not needed in our diet, so should be eaten less often and in smaller amounts.

HOW MANY SUGAR CUBES?

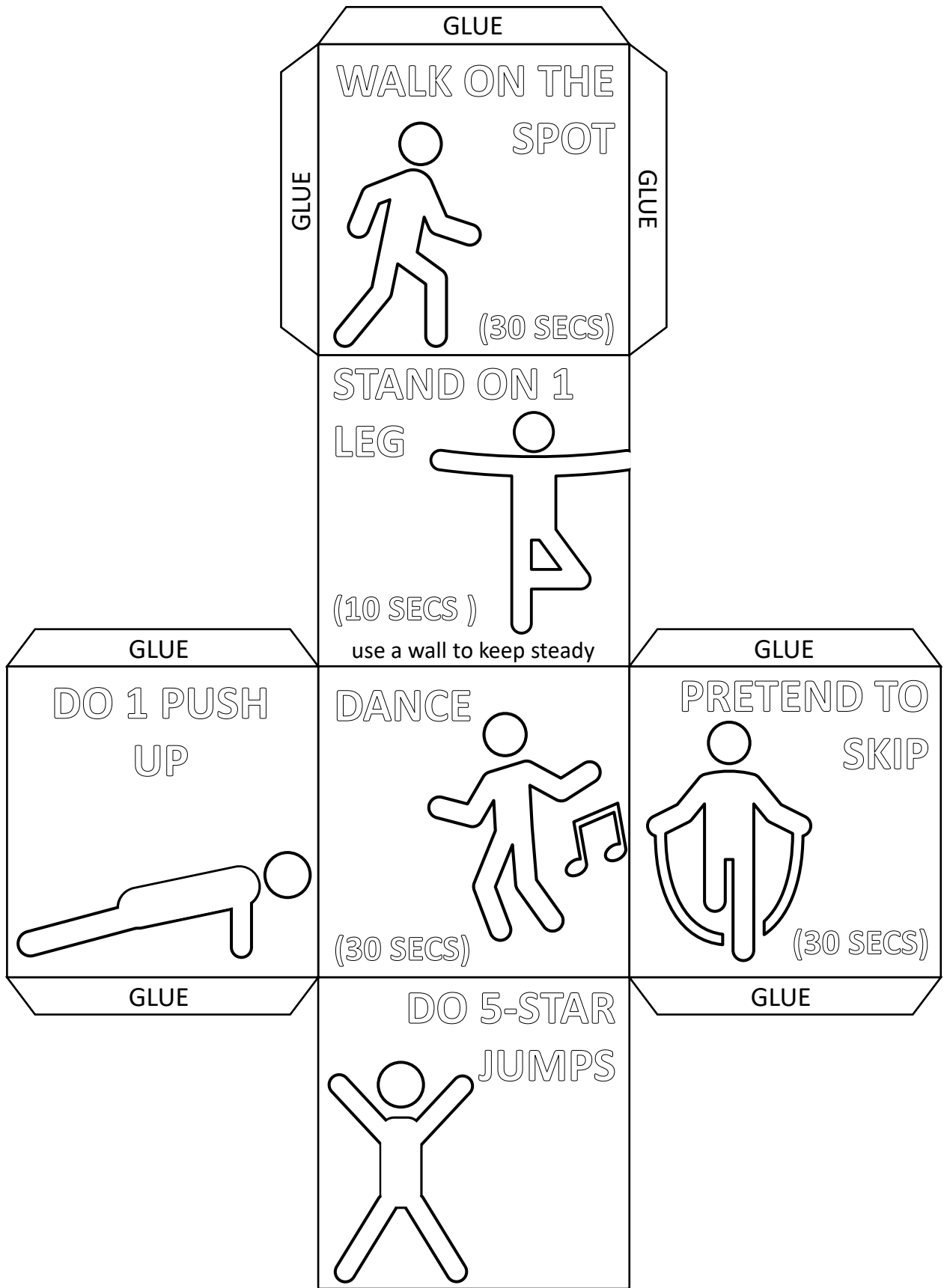


Chocolate biscuit



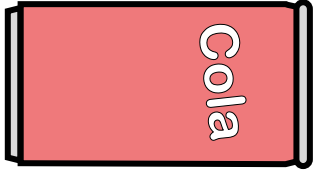
FIND SUGAR SWAPS AT:
WWW.NHS.UK/CHANGE4LIFE

Activity Dice

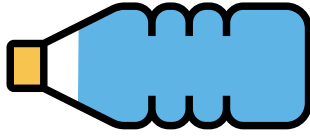


Colour in the dice. Cut out the dice. Fold along the inside lines. Apply glue on 1 of the tabs. Glue the tab behind the adjacent face. Glue the rest of the faces together to form the dice.

Food Swaps

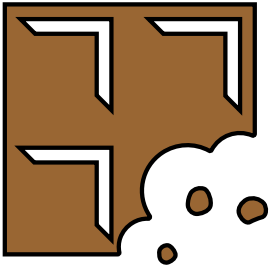


| Per 100ml | |
|-----------|-------|
| Calories | 40 |
| Sugar | 10.6g |
| Fat | 0 |
| Salt | 0 |



Plain Water

| Per 100ml | |
|-----------|---|
| Calories | 0 |
| Sugar | 0 |
| Fat | 0 |
| Salt | 0 |



Milk Chocolate

| Per 100g | |
|----------|-------|
| Calories | 535 |
| Sugar | 56g |
| Fat | 30g |
| Salt | 0.14g |

Local support

One You Gateshead

Gateshead Public Health social media pages where we promote Health Campaigns and help people find local support

Facebook: www.facebook.com/OneYouGateshead

Twitter: <https://twitter.com/OneYouGateshead>

Our Gateshead

Discover what's on your doorstep

www.ourgateshead.org/

Growing Health 0 -19 service

The role of the 0-19 Growing Healthy Team in Gateshead is to protect and promote the health & wellbeing of children and their families.

Facebook: www.facebook.com/GrowingHealthyGateshead

Answer Sheet

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|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | E | H | V | H | C | A | N | I | P | S | A | F |
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| G | S | A | N | A | N | A | B | R | B | G | M | S |
| R | V | P | O | K | G | H | T | E | O | B | V | E |
| C | U | K | S | D | A | V | F | V | E | R | M | I |
| U | T | L | O | G | C | L | I | A | F | O | F | R |
| C | O | H | D | O | I | U | E | P | B | C | T | R |
| U | E | G | A | P | L | E | P | P | U | C | U | E |
| M | F | I | C | S | R | O | G | L | V | O | I | B |
| B | I | T | O | M | A | T | O | E | S | L | E | E |
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|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| R | A | L | L | D | T | A | E | H | O | I | O | R |
| G | G | C | E | R | E | A | L | T | L | T | U | D |
| E | H | O | T | W | D | U | S | C | T | T | S | A |
| L | E | T | C | R | A | E | R | D | Y | A | C | E |
| O | T | D | O | A | T | O | B | A | W | B | O | R |
| H | T | I | U | A | E | B | T | W | U | R | U | B |
| W | I | A | T | S | R | S | U | H | E | E | S | S |
| B | L | O | B | B | A | G | E | L | R | A | E | W |
| A | P | G | H | P | P | S | O | U | C | D | L | U |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| C | I | T | U | N | A | G | U | E | T | K | H | S |
| N | F | N | M | T | S | C | N | M | K | P | S | C |
| I | E | A | S | I | H | H | M | N | S | U | I | E |
| M | M | L | E | N | T | I | L | S | A | L | F | M |
| N | U | S | T | C | F | C | U | O | S | S | A | T |
| A | S | L | U | K | T | K | T | G | O | E | N | U |
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| M | I | A | S | T | U | N | N | I | A | L | P | U |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| M | K | S | O | Y | A | C | H | E | E | S | E | O |
| K | G | M | O | T | L | T | Y | K | L | Y | T | Y |
| S | O | Y | A | M | I | L | K | E | L | U | T | A |
| E | A | R | R | M | E | O | M | S | M | I | B | Y |
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| C | S | Y | Y | B | U | T | T | E | R | M | I | G |
| H | M | O | S | Y | S | U | K | H | E | S | L | H |
| E | I | G | O | C | R | Y | Y | C | E | I | M | U |
| S | L | H | R | A | D | D | E | H | C | A | I | R |
| U | K | U | E | E | T | G | O | E | E | I | Y | T |
| Y | T | R | F | M | U | Y | H | R | S | U | Y | G |
| C | O | T | T | A | G | E | C | H | E | E | S | E |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | S | U | G | A | R | Y | D | R | I | N | K | S |
| C | U | W | R | A | M | A | E | R | C | E | C | I |
| A | B | I | S | C | U | I | T | S | R | D | H | M |
| S | T | E | S | N | I | F | F | U | M | R | O | C |
| D | S | E | K | A | C | N | K | U | E | K | C | R |
| O | K | T | U | T | G | S | I | G | A | Y | O | O |
| U | S | C | R | I | S | P | S | P | D | R | L | D |
| G | T | U | P | M | H | H | U | H | E | S | A | L |
| H | E | G | S | H | K | H | N | T | T | D | T | C |
| N | E | H | C | T | C | I | T | T | E | O | E | H |
| U | W | E | E | T | M | U | K | K | R | U | F | A |
| T | S | T | E | U | B | A | T | E | E | H | G | F |
| S | S | K | R | S | F | U | W | M | Y | P | F | U |



Activities & Recipes

change 4 life
cook together

Get the family involved and make tasty meals from scratch with Cook Together.

Every week for 4 weeks you will get 2 healthy recipes – with videos, easy-to-follow instructions and a shopping list of everything you'll need – straight to your inbox.

<https://cooktogether.change4life.co.uk/>

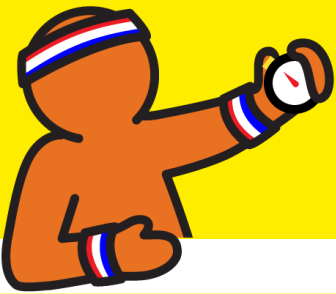
Find meal ideas and recipes from Change 4 Life's smart recipes app (Available from Google and Apple app store).

You can also find these recipes from the Change4Life website:

www.nhs.uk/change4life/recipes



change 4 life



Kids need to be active for 60 minutes a day. From fun 10 Minute Shake Up games to information about active hobbies and sports, Change4Life has everything you need to get your family moving!

www.nhs.uk/change4life/activities

Change4Life is here to help your family be healthier and happier. Find out more about what's really in the food your family eats.

The Change4Life Food scanner app is available to download from Google and Apple app stores

www.nhs.uk/change4life/food-facts

change 4 life



Printing Tips

Back to back printing

You should be able to print this document back to back from most printers. This will save paper by printing 2 pages on 1 A4 sheet of paper. Some printers will require you to print 1 side first then reload the pages in your printer so it can print the other side.

Print in black and white/ grey scale

We have made this booklet in full colour but if you are running low on colour ink you can print the entire booklet in Black and white/ grey scale in from your printer settings.

Print as a booklet

In your printer settings you should be able to select to print this document as a booklet. This will print 4 pages of the document on 1 A4 sheet of paper back to back.

Only print what you need.

You may only wish to print some of the pages in this booklet. You can do this in your printer settings. You can print a range of pages by writing page numbers in the box provided like this:

2-6, this will print pages 2, 3, 4, 5 and 6.

You can print specific pages by writing page numbers in the box provided like this:

2, 4, 6 this will only print pages 2, 4 and 6.