

# Healthy Kea

1. Plan and help to cook a healthy meal at home.
2. Make a poster of pictures of foods that are good for you.
3. Show that you know about personal hygiene by showing how to care for your teeth, hair, skin, fingernails and feet.
4. Describe when your hands should be washed, and show how to do this.
5. Take part in a regular fitness activity. This could be at school.
6. Tell others in your Kea Club about a sport or activity you take part in.



Tasks completed \_\_\_\_\_

Signed \_\_\_\_\_