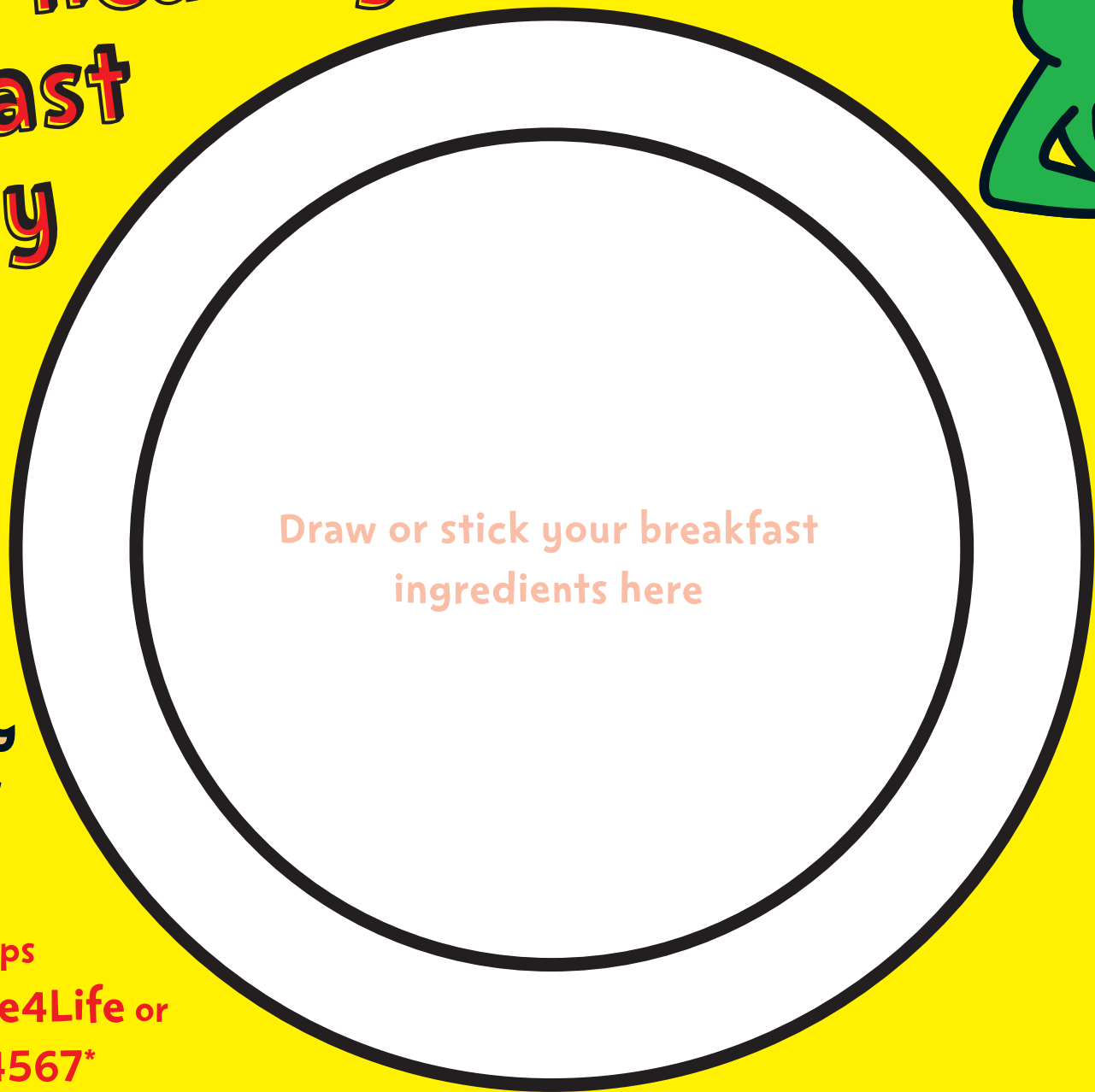


make a healthy breakfast activity sheet



Draw or stick your breakfast
ingredients here



For more breakfast tips

 search for **Change4Life** or
 call **0300 123 4567***

*Calls to 03 numbers should cost no more than geographic 01 or 02 calls, and may be part of inclusive minutes subject to your provider and your call package. We're open from 9am to 8pm, 7 days a week.

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Eat well Move more Live longer