

# GETTING AHEAD (A)

<p>I drank a softdrink</p> <p><b>5 Steps</b></p>	<p>I ate chips</p> <p><b>2 Steps</b></p>	<p>I drank an energy drink</p> <p><b>5 Steps</b></p>	<p>I ate biscuits</p> <p><b>4 Steps</b></p>
<p>I ate green beans</p> <p><b>7 Steps</b></p>	<p>I ate rice &amp; beans</p> <p><b>6 Steps</b></p>	<p>I ate peanut butter</p> <p><b>1 Step</b></p>	<p>I drank fresh orange juice</p> <p><b>7 Steps</b></p>
<p>I ate a ham &amp; salad sandwich</p> <p><b>9 Steps</b></p>	<p>I ate an apple</p> <p><b>7 Steps</b></p>	<p>I drank a glass of milk</p> <p><b>5 Steps</b></p>	<p>I ate whole-grain bread</p> <p><b>7 Steps</b></p>
<p>I ate a baked potato</p> <p><b>8 Steps</b></p>	<p>I ate a bowl of vegetable soup</p> <p><b>11 Steps</b></p>	<p>I ate ice cream</p> <p><b>4 Steps</b></p>	<p>I ate a banana</p> <p><b>7 Steps</b></p>

# GETTING AHEAD (B)

<p>I stayed up late gaming</p> <p><b>5 Steps</b></p>	<p>I rode my bike after school</p> <p><b>8 Steps</b></p>	<p>I watched TV after school</p> <p><b>0 Steps</b></p>	<p>I went to bed early</p> <p><b>10 Steps</b></p>
<p>I played a game outdoors</p> <p><b>10 Steps</b></p>	<p>I stayed up late doing homework</p> <p><b>5 Steps</b></p>	<p>I went for a run</p> <p><b>8 Steps</b></p>	<p>I stayed up late talking on the phone</p> <p><b>5 Steps</b></p>
<p>I did my homework right after school</p> <p><b>10 Steps</b></p>	<p>I walked instead of riding in a car</p> <p><b>8 Steps</b></p>	<p>I stayed up late for no reason</p> <p><b>5 Steps</b></p>	<p>I mowed the lawn</p> <p><b>8 Steps</b></p>
<p>I ate broccoli</p> <p><b>8 Steps</b></p>	<p>I ate a balanced dinner</p> <p><b>10 Steps</b></p>	<p>I ate a chocolate</p> <p><b>3 Steps</b></p>	<p>I ate a burger</p> <p><b>5 Steps</b></p>



Australian Government  
National Health and Medical Research Council  
Department of Health and Ageing

www.eatforhealth.gov.au

# Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



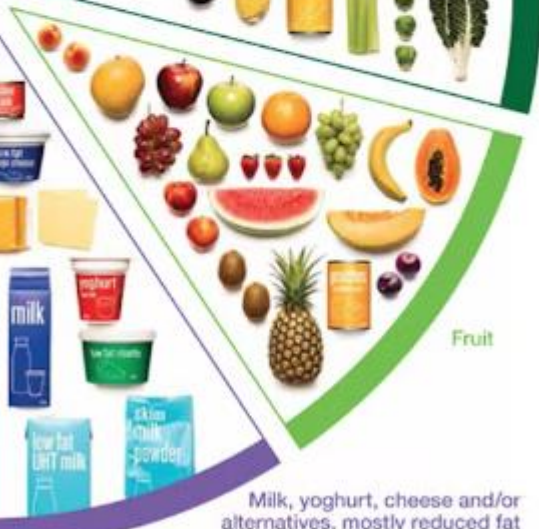
Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts



# My Action Plan

*Cereal, milk, banana, orange juice*

## Breakfast

Monday \_\_\_\_\_  
Tuesday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Thursday \_\_\_\_\_  
Friday \_\_\_\_\_  
Saturday \_\_\_\_\_  
Sunday \_\_\_\_\_

Wake-up time: \_\_\_\_\_  
Bedtime: \_\_\_\_\_

## Dinner

Monday \_\_\_\_\_  
Tuesday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Thursday \_\_\_\_\_  
Friday \_\_\_\_\_  
Saturday \_\_\_\_\_  
Sunday \_\_\_\_\_

## Snacks

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Lunch

Monday \_\_\_\_\_  
Tuesday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Thursday \_\_\_\_\_  
Friday \_\_\_\_\_  
Saturday \_\_\_\_\_  
Sunday \_\_\_\_\_

## Exercise

Monday \_\_\_\_\_  
Tuesday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Thursday \_\_\_\_\_  
Friday \_\_\_\_\_  
Saturday \_\_\_\_\_  
Sunday \_\_\_\_\_