



Student Details

Name: _____

Class: _____

School: _____

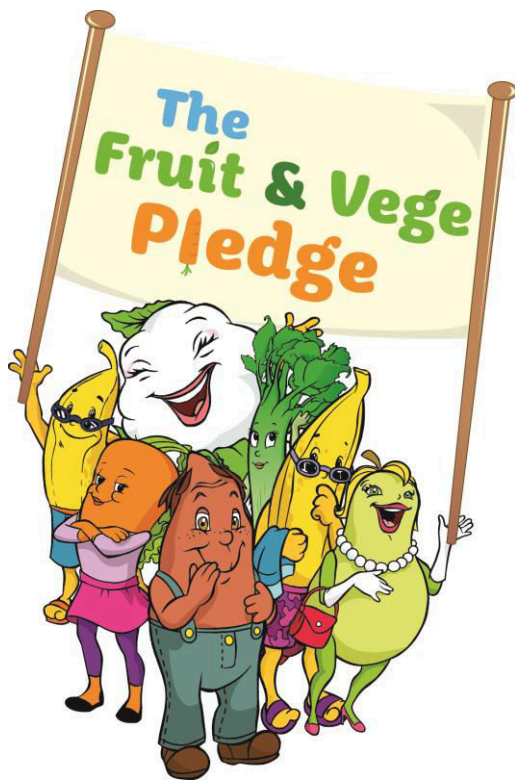
Contact E-mail address _____

(ask permission first)



Congratulations on taking up the challenge to eat healthy for a week. Over the week you may be able to try some new foods you may have never tried before.

Don't be scared - the Take 5 plus 2 Team will be here to help you every step of the way. Ask your parents to log onto <http://activekids.org.au> where you can find out more about your favourite team members and discover fun yummy recipes you can create at home.



We will have lots of fun activities for you to do and the week will just fly by.

So what are you waiting for?

Get out there and ask your friends and family for support so you can eat healthy and have fun with us.

During the week, we would love to hear from you. Our friends at the Foundation have promised to pass on all your stories and recipes so don't forget to send them in.

You can send them to our friend, Sue at soulrevival@live.com.au.

