

Breakfast like a king, lunch like a prince, dine like a poor man



Say "YES" If it's FRESH!



TAKE A HEALTHY BITE TO EAT

Small changes can make a BIG difference. Start a healthy diet TODAY!

EAT HEALTHY HEALTHY

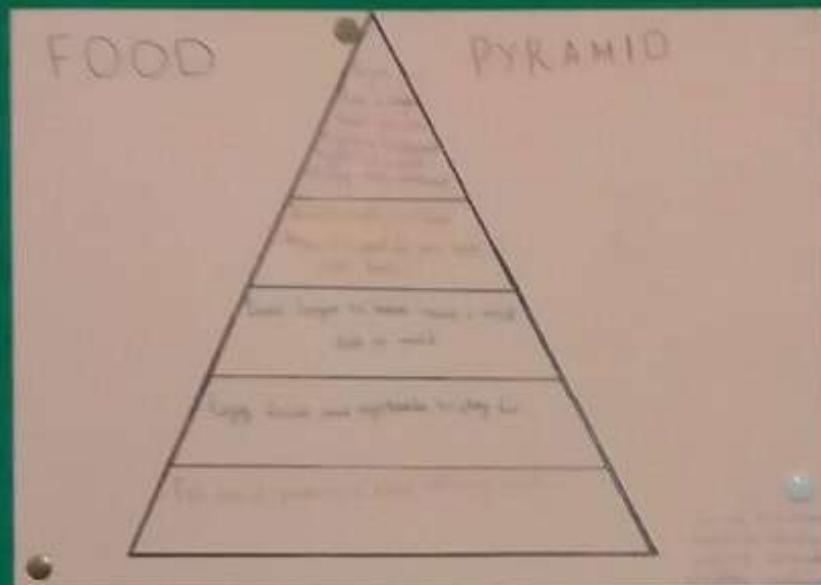


TV CAN EAT HEALTHY

HEALTHY BEAUTIFUL



Breakfast like a  king, lunch like a  prince, dine like a poor man 



Say **"YES"**
If it's **FRESH!**



**STAY
CALM
AND
EAT
HEALTHY**



TAKE
A HEALTHY BITE
TO EAT

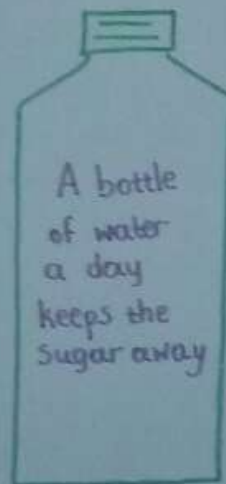


Small changes
can make a



BIG difference.

Start a healthy diet
TODAY!



A bottle
of water
a day
keeps the
sugar away

By
Angie Markle
Mica Loh
Steph Hinkle
Steven Placido



Eat a balanced
meal
and
be a winner



Eating fish
makes a person
smarter

Athanasia Ekonomou
Iomini Marmari

Avoid Fast Food
it's for your good!

Eat ...

HEALTHY

E. Delhi
E. Theodosiou
A. Dimareli
& Gavaliaki

FOOD

PYRAMID

If you
have a sugar
tooth you can
enjoy a different
type of sweet
during the weekend.

Drink milk and have
cheese! It's good for your teeth
and bones.

Don't forget to have twice a week
fish or meat.

Enjoy fruits and vegetables to stay fit.

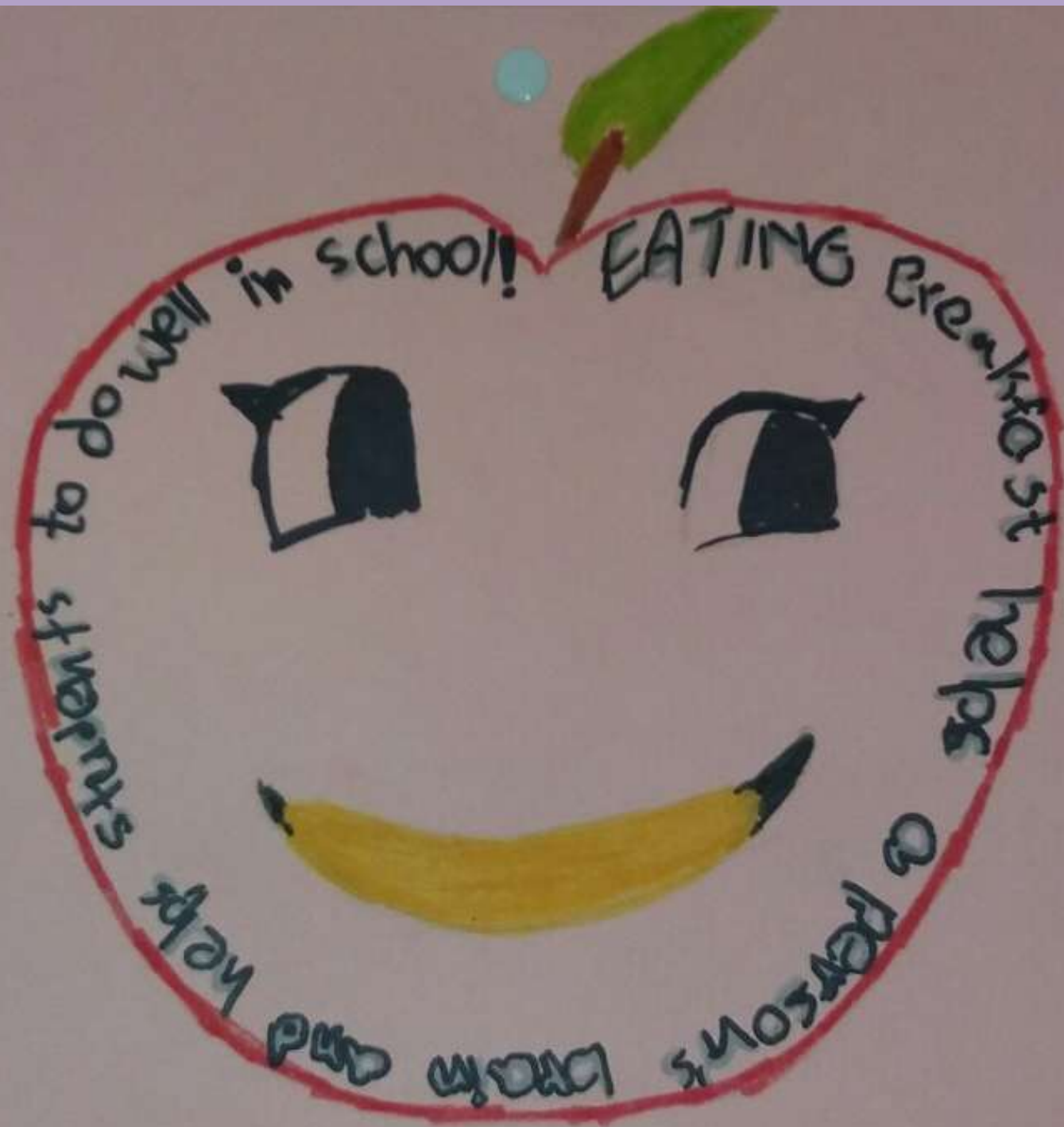
Eat lots of pasta and bread with every meal.

Lenia Virsihanou
Katerina Goulbra
Marina Katsinika
Dimitra Galanaki

CUT DOWN ON FAT and SUGAR



J. Poulos
Th. Tsiaras
A. Stefanoylou
N. Chessa



AN  A DAY

KEEPS THE



AWAY!

Konstantinos Varvarigos
Georgia Economou
Victoria Mastiki
Georgianna Moutsatsou



Eat healthy,
It's for your own
good.



EAT

HEALTHY

BE
HEALTHY

Spyros
Kostas
Thanos

HEALTHY

is

BEAUTIFUL

Orleeta Fountounidou
Anastasi Chavaroglou
Joseph Tsilfidis
Konstantinos Pournidis

TURN OFF THE TV
AND COMPUTER AT
MEALTIMES - MAKE THIS
FAMILY TIME !!!