



# Get on the Case!

Use your *Amazing Food Detective* skills to follow these healthy tips:

- ✓ Eat a **healthy breakfast**
- ✓ **Choose** drinks that are not sweetened with sugar\*
- ✓ Be **physically active** for at least an hour every day
- ✓ Eat at least five servings of **fruits and veggies** each day

- ✓ **Limit screen time** to one to two hours per day (including homework)
- ✓ Eat **well-balanced, nutritional meals** with your family
- ✓ **Involve your family** in physical activities
- ✓ **Pay attention to** your food and activity **choices**

Turn these tips into **healthy habits**, and soon you'll be an **ace detective!**



Follow the trail of the Amazing Food Detective and help her solve cases using the *Incredible Adventures of the Amazing Food Detective* CD-ROM!