

“

I'm a real
person
feed me
**REAL
FOOD**

”



Save the Children Fiji

WORLD
MARATHON
CHALLENGE
FIJI



Health Messages for Children by Children

CHILDREN TAKING

ACTI ON



Eat healthy
food All the
time

Drink 2 liters
of water

Let us rest
well



Children
should have
balanced
meals daily

We should eat
local fruits
that are from
the market

Be a happy
child



Have a
healthy
Breakfast,
Lunch, and
Dinner

MY FOOD LIFE
Feed Me Well!

Eat good food
and not junk
food