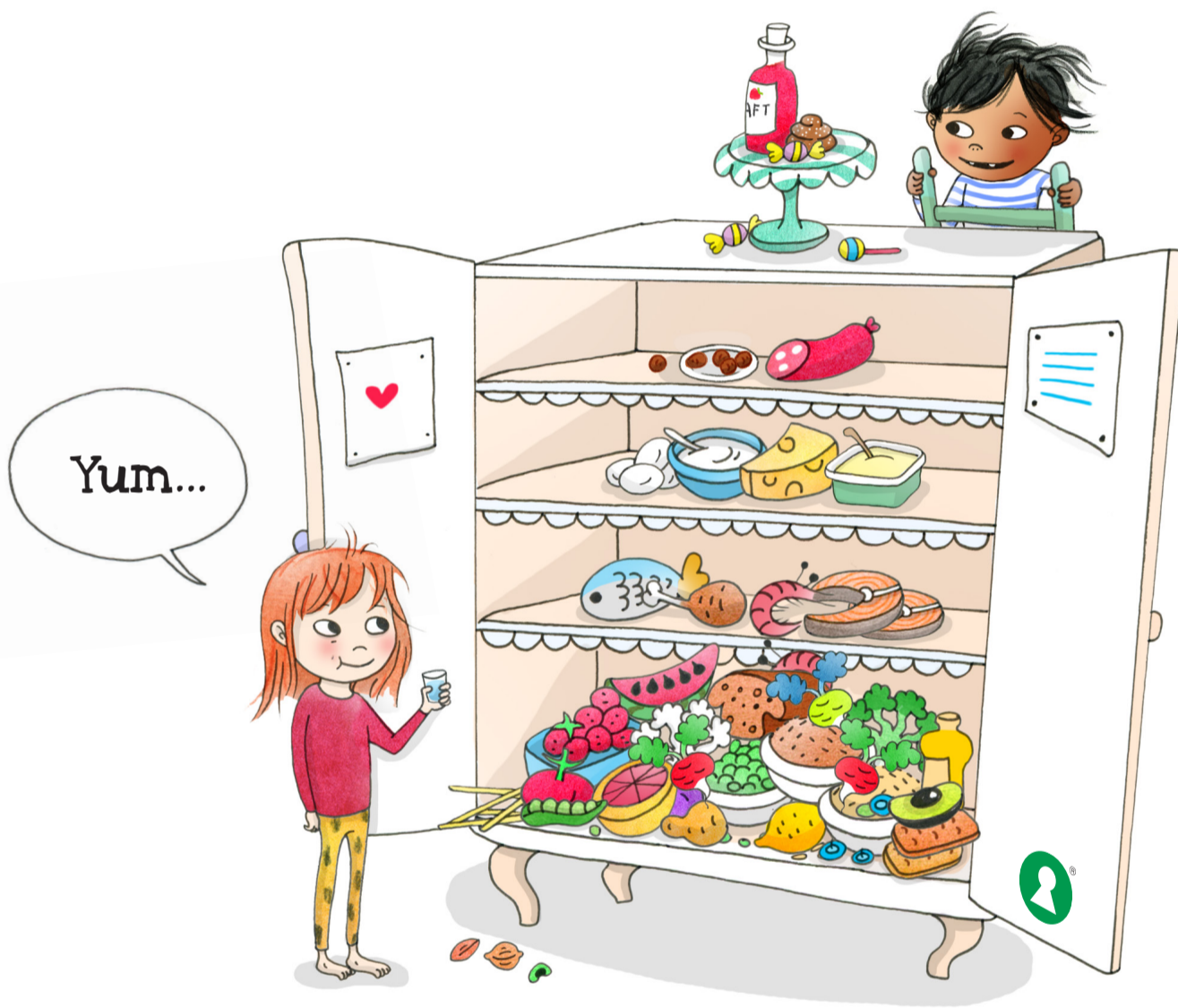


DO LIKE SAGA:

PAIN'T YOUR TUMMY

Have you noticed that vegetables are not always green? Your body likes it when vegetables have different colours.

Check out Saga's pantry.



Saga's pantry contains things we like to eat and drink. On the bottom shelves are foods that we should eat a lot of, as they give us energy and make us feel good. The foods on the higher shelves are foods that our body needs less of. At the very top, on top of the cupboard, are things we should only eat small amounts of.

Illustrations: Emma Göthner



The Keyhole is a symbol that makes it easy to choose healthy foods! Foods with the Keyhole symbol contain less sugar and salt, more whole grains and fibres, and healthier or less fat.



Child Health Services
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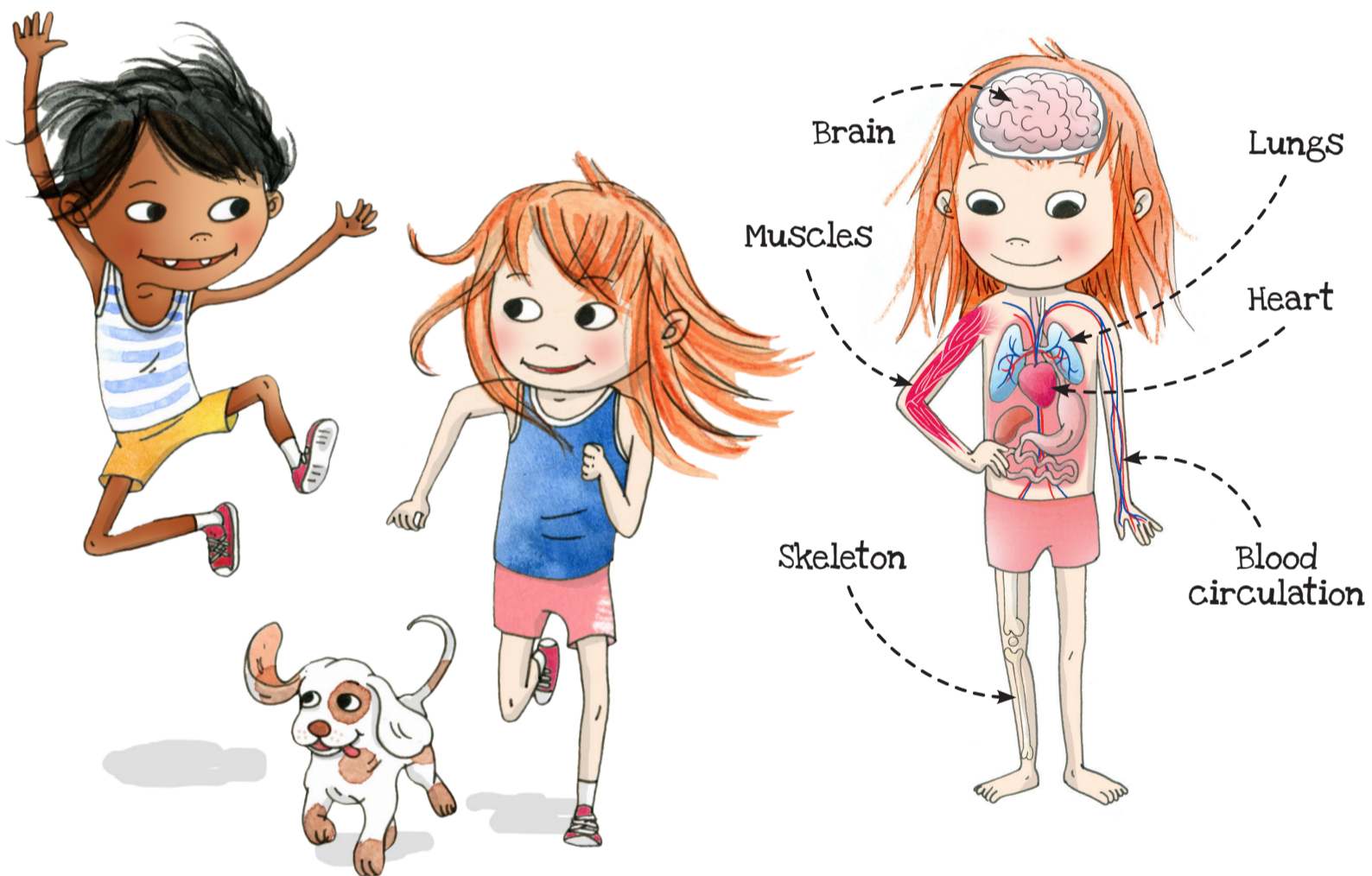
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MOVEMENT AND PLAY

Did you know that your body feels good when it gets to move around every day? Also, physical activity makes us happier. And it's even more fun if we move around together.



In order for your body to stand and walk, you need a **SKELETON**. Your skeleton is hard and protects your body. **YOUR MUSCLES** allow you to move and lift things. **YOUR HEART'S** job is to pump the blood around your body. **YOUR LUNGS** make sure your body gets air. When you breathe in, your lungs fill with air, and when you breathe out, they empty.

Illustrations: Emma Göthner

It is recommended that children ages 0–5 are active through play and movement several times a day for the development and well-being of their body. All movement counts – the more, the better!

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