



United Nations Convention on
a child's right to be healthy

Article 24 You have the Right to be Healthy.

I like to be active, it's good for my body,
to run, to jump, to climb, to explore.

Creating is healthy for my mind,
discovering and playing all day.

I choose to eat a rainbow of foods to
grow me up strong, to give me energy,
to keep me healthy.

Crunchy green, raw orange, juicy red,
ripe yellow, sweet purple.

I choose water from the tap,
for sparkling eyes, clear skin and clean hands.

I am learning that I am what I eat,
I choose to be full of natural goodness.

Nurtured in the warmth of the Great Outdoors.
Healthy choices are good choices.
The choices I make today will shape

*the person I will
become tomorrow.*



lotterywest



Artwork by Kerry Jordinson 2014. Written by Fairy Queen Caroline.

