

healthykids



Healthy Kids Website

www.healthykids.nsw.gov.au

Good food habits and daily physical activity - if your child has these, they're well on the way to a healthy life.

The Healthy Kids website shows you how to do it, with great ways to get your kids moving, shopping tips and meal ideas for parents, resources for teachers, publications and guidelines, school and community-based projects and links to lots of other useful websites.

Why not have a look today!

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