

The Adventures of  
**Gowie**  
the Health Warden

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# Gowie

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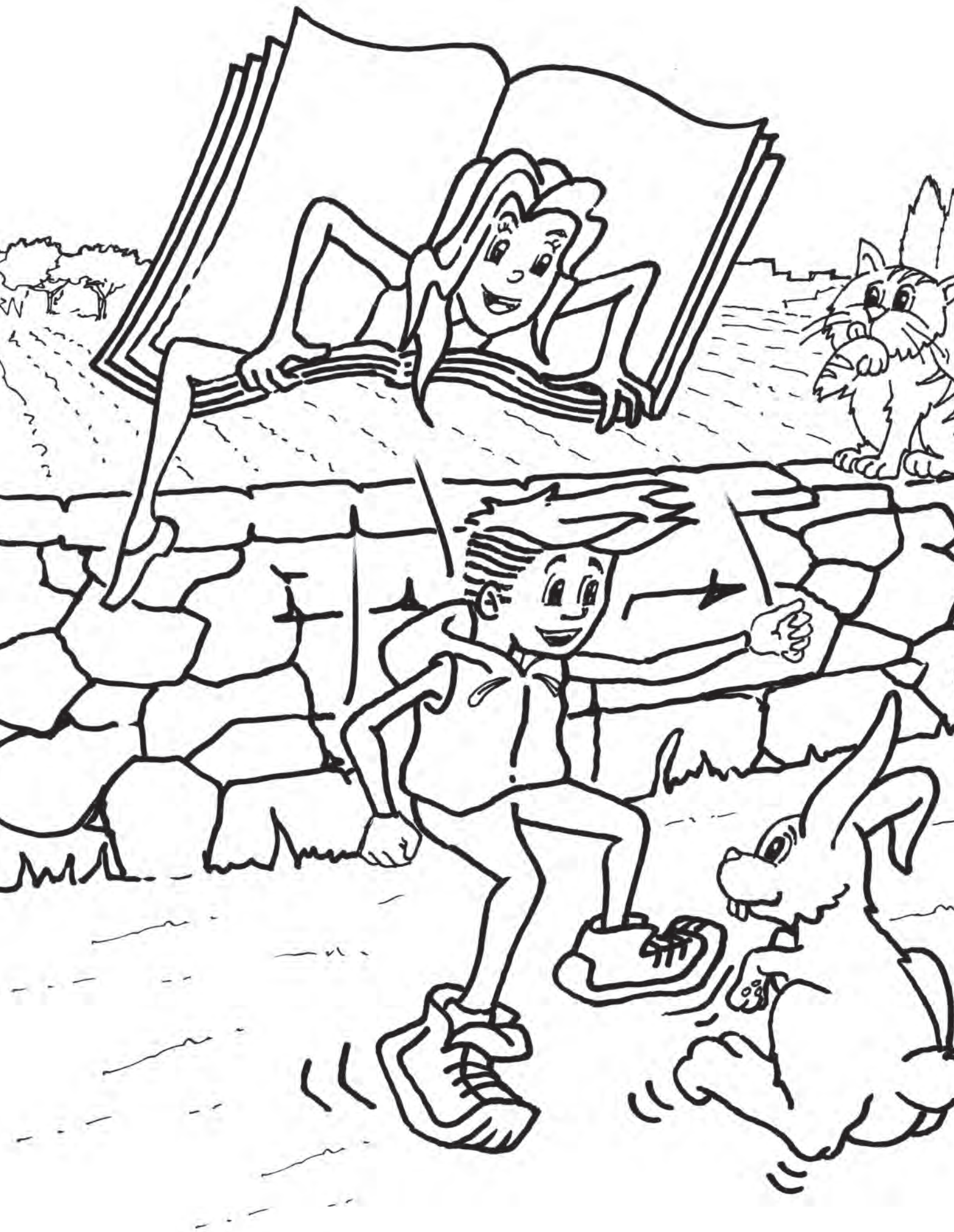


Welcome to my first colouring book *The Adventures of Gowie the Health Warden!* Join my friends and I to learn more about how to stay healthy for life. Reading helps children and parents spend quality time together.





After a day at work and at school, the family meet and spend time together reading a book.





Hello friends, would you like to join us?? We can have fun, move around and play together!


### TIPS

- Exercise makes us feel better and reduces our risk of getting sick.
- Children need to be active for at least 60 minutes a day to stay healthy and strong. They can be active by swimming, walking, cycling, running or playing.



### TIPS

- It is important to drink regularly especially in hot weather and during active play.
- Water is the best drink to satisfy our thirst. You can also drink plain white milk.


A black and white line drawing of a rabbit and a bear in a park. The rabbit is in the foreground, holding a water bottle labeled 'Water' and giving a thumbs up. The bear is in the background, also holding a water bottle and carrying a bag of water bottles. A speech bubble above the rabbit contains text.

All this playing makes us thirsty! Water is the best drink when we are thirsty.

## TIPS

- Children should drink between 1 and 1½ litres of water a day.
  - Fresh fruit and herbs add flavour to water.
  - Sugary drinks should be avoided to maintain a healthy weight and keep teeth for life.





Playing makes us hungry too!  
Fruits and veggies are really good  
for us! They keep us healthy and  
they taste SUPER yummy!



## TIPS

- Fruits and vegetables give colour to our food. They keep us healthy and help our body work well.
- Remember to have around 2-3 portions of fruit and 3-5 portions of vegetables every day. Choose them in different colours that feel and taste different in our mouth.



### TIPS

- Limit screen time to no more than 2 hours a day.
- Break up sedentary time with frequent movement breaks (e.g. every 30 minutes).

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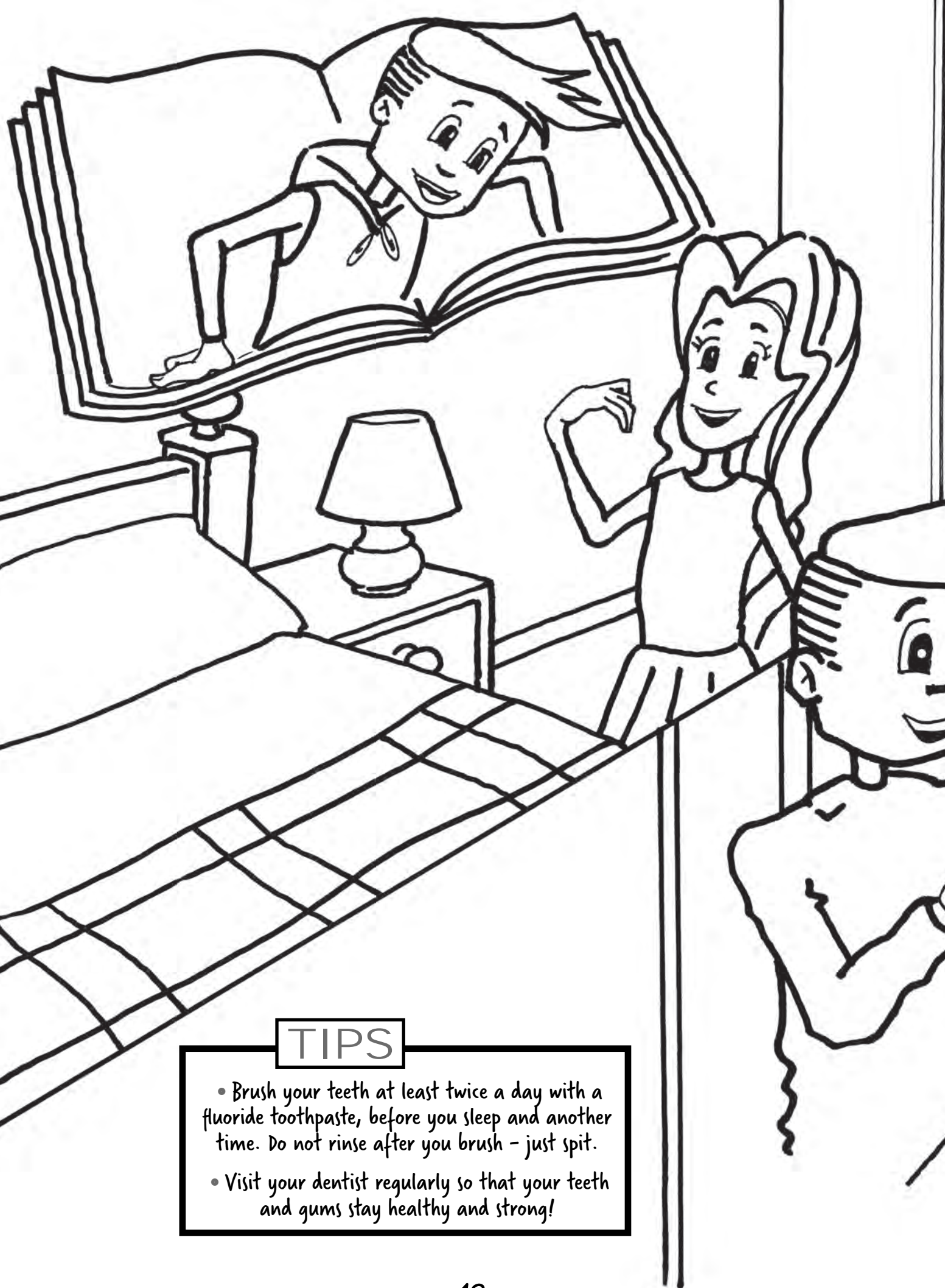
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## TIP

During movement breaks you can skip, jog on the spot, do jumping jacks, help your parents with some chores, dance to music and run up and down the corridor a few times.



You have been using that tablet long enough ... now it's time to move around. Let's get moving!



## TIPS

- Brush your teeth at least twice a day with a fluoride toothpaste, before you sleep and another time. Do not rinse after you brush - just spit.
- Visit your dentist regularly so that your teeth and gums stay healthy and strong!



After a long day we must remember to brush our teeth before going to bed! Good teeth help us to stay healthy and give us a sparkly smile!



## TIPS

- It is important to get enough sleep every night.
- Lack of sleep makes us eat more and get sick more often.



Now it's time to sleep.  
Have a good night ... Sweet Dreams!



I hope you enjoyed reading  
the colouring book of  
The Adventures of Gowie the Health Warden!

Remember it is important to  
stay healthy for life!

See you next time!

