

HEALTHY EATING PYRAMID



Enjoy a variety of food and be active every day!



How much should I be eating a day?

Adolescents	Vegetables and legumes	Fruit	Grains (cereal)	Lean meat, fish, poultry, eggs, nuts, seeds, legumes, beans	Milk, yoghurt, cheese & alternatives	Allowance for additional serves from any food group*
Girls 12-13 years	5	2	5	2.5	3.5	0-2.5
Girls 14-18 years	5	2	7	2.5	3.5	0-2.5
Boys 12-13 years	5.5	2	6	2.5	3.5	0-3
Boys 14-18 years	5.5	2	7	2.5	3.5	0-5

For more information visit <https://www.nutritionaustralia.org>

Physical Activity at home

During this time of off campus learning all boys are encouraged to remain physically active through accessing the *TeamBuildr* page where their home based Physical Education classes are posted. Each class has associated videos and health related questions that are designed to not only keep the boys active but to educate them on the importance of exercise levels, reducing sitting, nutrition and sleep.

In addition to the activity performed in PE classes, the boys are encouraged to follow the National Physical Activity Guidelines (link below) by incorporating what they learn into a daily routine.

[https://www1.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/\\$File/brochure-24hr-guidelines-5-17yrs.pdf](https://www1.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/$File/brochure-24hr-guidelines-5-17yrs.pdf)

Have you **moved** enough today?



SLEEP

- 5–13 year olds need 9–11 hours per night.
- 14–17 year olds need 8–10 hours per night.



PHYSICAL ACTIVITY

Aim for 60 minutes or more per day – the more you huff & puff the better!



INACTIVITY

Move more & sit less in your spare time.

Find out more at www.health.gov.au

Children and young people (aged 5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

Australian 24-Hour Movement Guidelines for Children and Young People (5 to 17 years):
An Integration of Physical Activity, Sedentary Behaviour, and Sleep

