

SANTA'S ELVES' SPECIAL MESSAGES

Do you ever wonder about Santa's elves at Christmas time? This is the busiest time of year for them – wrapping presents and making sure they go in the correct sack, ensuring that Santa knows which children to deliver to in all the houses all around the world and working in all the malls to help Santa talk to the children about what amazing presents they would like.

Most people don't realise this, but of course, Santa wants all the children in the world to stay fit and healthy. To help out with this Santa has asked five elves to do a special job – they have each written a rhyme for children about keeping healthy over the Christmas holidays.

- 1. Make sure you eat all kinds of food,
This will make you a real cool dude!**
- 2. When we are thirsty we all think
Water is best to drink!
(Especially when it is hot!)**
- 3. Make the most of the sunny days
It's great to get outside and play!**
- 4. Help Mum and Dad in the kitchen
No need for takeaways – let's just ditch 'em!**
- 5. Have some treats if you're in the mood,
But mostly enjoy tasty healthy food!**



Healthy Nibbles Nutrition Updates for Primary Schools

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For more information visit: www.cph.co.nz

Canterbury

District Health Board

Te Poari Hauora o Waitaha