




Healthy Heroes Helping Out Challenge #5

<p style="text-align: center;"><u>Helping Out</u></p> <p>Look after younger family members by playing a game.</p>	<h1>Helping Out</h1>	<p style="text-align: center;"><u>Helping at Home</u></p> <p>Can you help to make a healthy school lunch?</p>
	<p style="text-align: center;"><u>Help someone Learn</u></p> <p>Read to someone at home to help them learn about the contents of a book.</p>	
<p style="text-align: center;"><u>Key competency Manage yourself</u></p> <p>Can you help at home by tidying something that is your responsibility?</p>		<p style="text-align: center;"><u>Helping at home</u></p> <p>Do one activity to help your family –(chosen by you, Mum, Dad or your Caregiver)</p>
<p style="text-align: center;"><u>Plant Vegetables</u></p> <p>Grow your own food or start a vegetable garden to help your family access fresh vegetables.</p>	<p style="text-align: center;"><u>Helping at Home</u></p> <p>Help to clear the table after a meal for your family.</p>	<p style="text-align: center;"><u>Helping others</u></p> <p>Check out our community gardens and find out what you can do to help there.</p>
<p style="text-align: center;"><u>Helping at Home</u></p> <p>Can you help to cook a meal for your family?</p>	<p style="text-align: center;"><u>Help with the shopping!</u></p> <p>Talk to your family about what healthy food you like for lunch. Get involved with what goes on your families shopping list and help to select foods you like to eat.</p>	<p style="text-align: center;"><u>Helping at Home</u></p> <p>Help to set the table for a meal for your family.</p>