


I AM 10 YRS OLD 



AUSTRALIAN,
SUDANESE



SOME DAYS I
FEEL LIKE THIS 

WHEN I DON'T GET GOOD FOOD
MY BACK AND MY LEGS START
TO FEEL WEAK



I GET GOOD FOOD
MOST OF THE TIME



I GET FREE FOOD FROM MY
FRIENDS AND OTHER FAMILY
MEMBERS

NO I DON'T REALLY
ANY HELP GETTING
GOOD FOOD

IN LEARNT A LOT
ABOUT GOOD FOOD IN
HEALTH

THE CLASSES
HELPED ME A LOT 

I THINK IT'S A
PRETTY GOOD
IDEA 

SOME IDEAS ARE PUTTING POSTERS ABOUT TO
REMEMBER PEOPLE TO EAT HEALTHY, LIKE 4 OR
3 DAYS IN THE WEEK MAKE CHILDREN BRING
HEALTHY FOOD OR YOU COULD SELL MORE
HEALTHY LUNCHES

