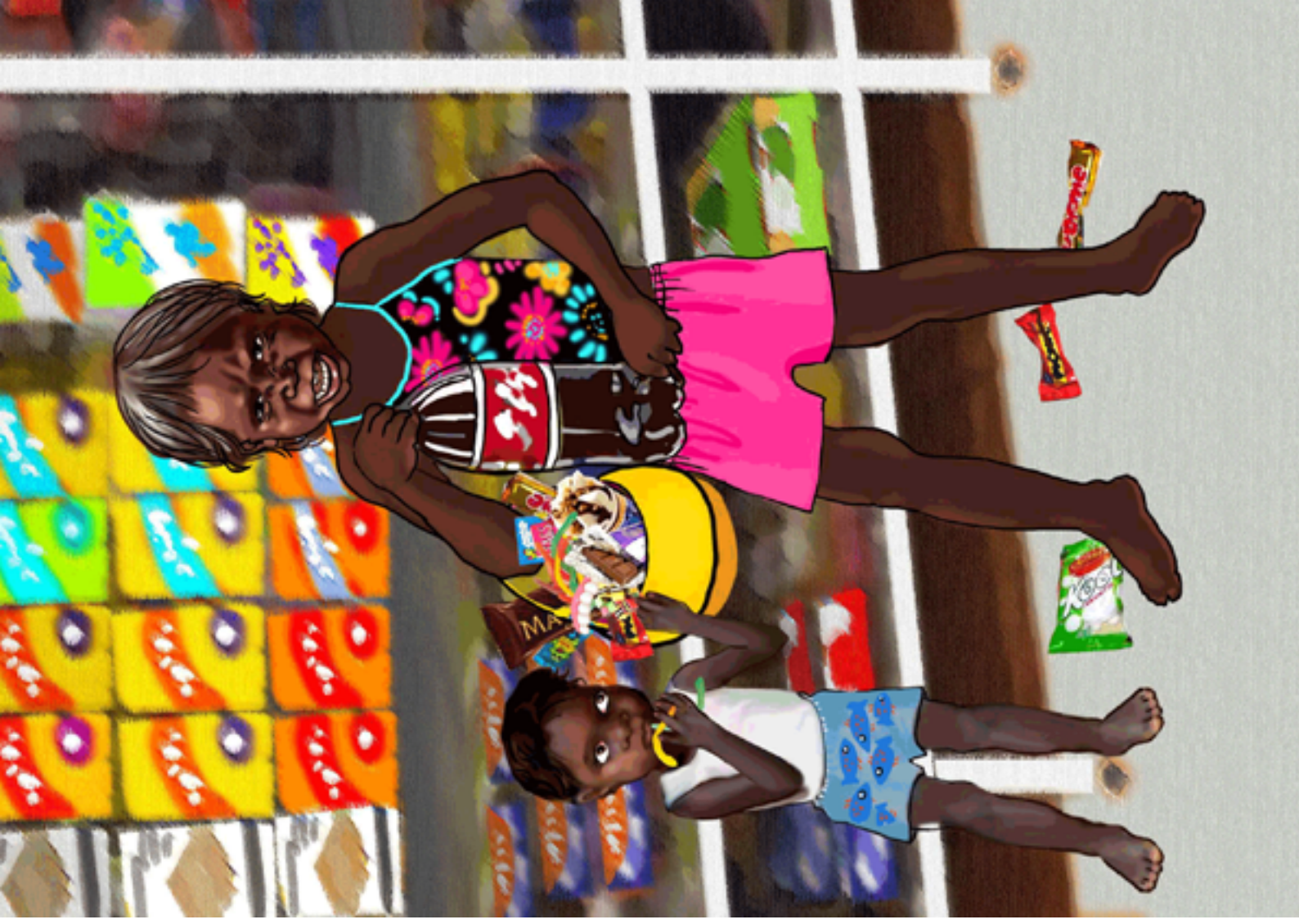


The “hissy fit” .

The children want their mother to buy them some soft drink & lollies.

They are saying, “I want, I want...”



Saying “no” to coke and lollies.

The mother is saying “no” to coke. She knows the story of sugar and soft drinks and has closed her heart to them.

She might be saying, “there is too much sugar, that sugar makes you sick. It makes your teeth ache and fall out, and it’s wasting money”.

In order to keep the children happy, they all talk about other things that they could eat, or do.



Saying “yes” to coke and lollies.

The mother or father might say “yes” to coke and lollies.

This mother might be saying, “sugar and soft drinks are not good for you, but you can have them if you want...”

Sometimes they might also say “no” and find other ways to keep their children happy.



Looking at fruit in the store.

The mother is telling the children to look at the colourful, sweet fruit and choose one or two pieces that they might like. She's explaining that these are good foods for a healthy body and life.



Looking at other healthy food in the store.

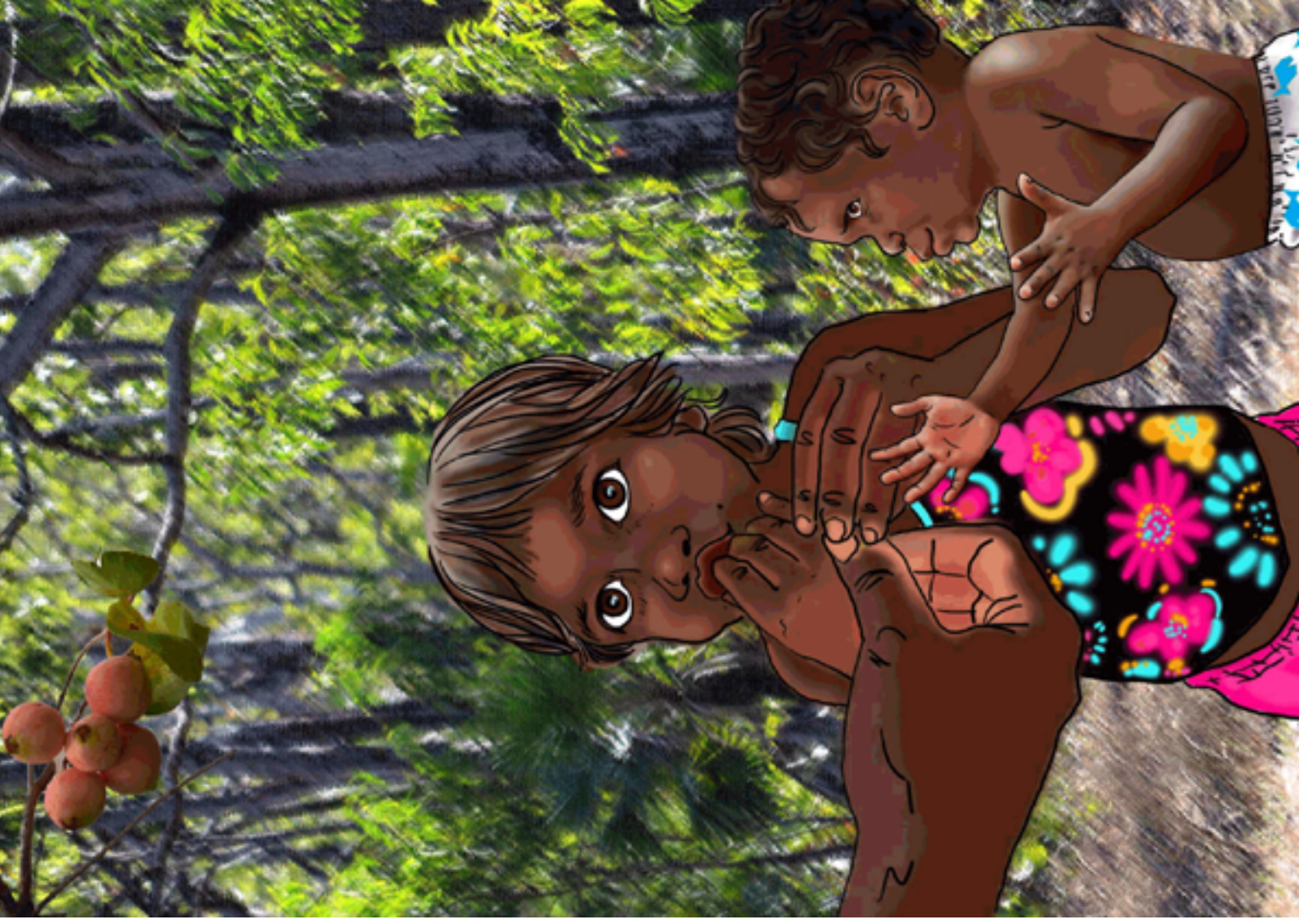
The little girl likes dried fruits and nuts. Her mother has suggested that she can choose some to buy.



Tasting bush foods.

The children are out bush with their family. They are collecting and tasting all of the sweet fruits that are in season.

The mother and her family encourage the children to eat their traditional foods.



The “debil debil” is in those foods. It will make you sick.

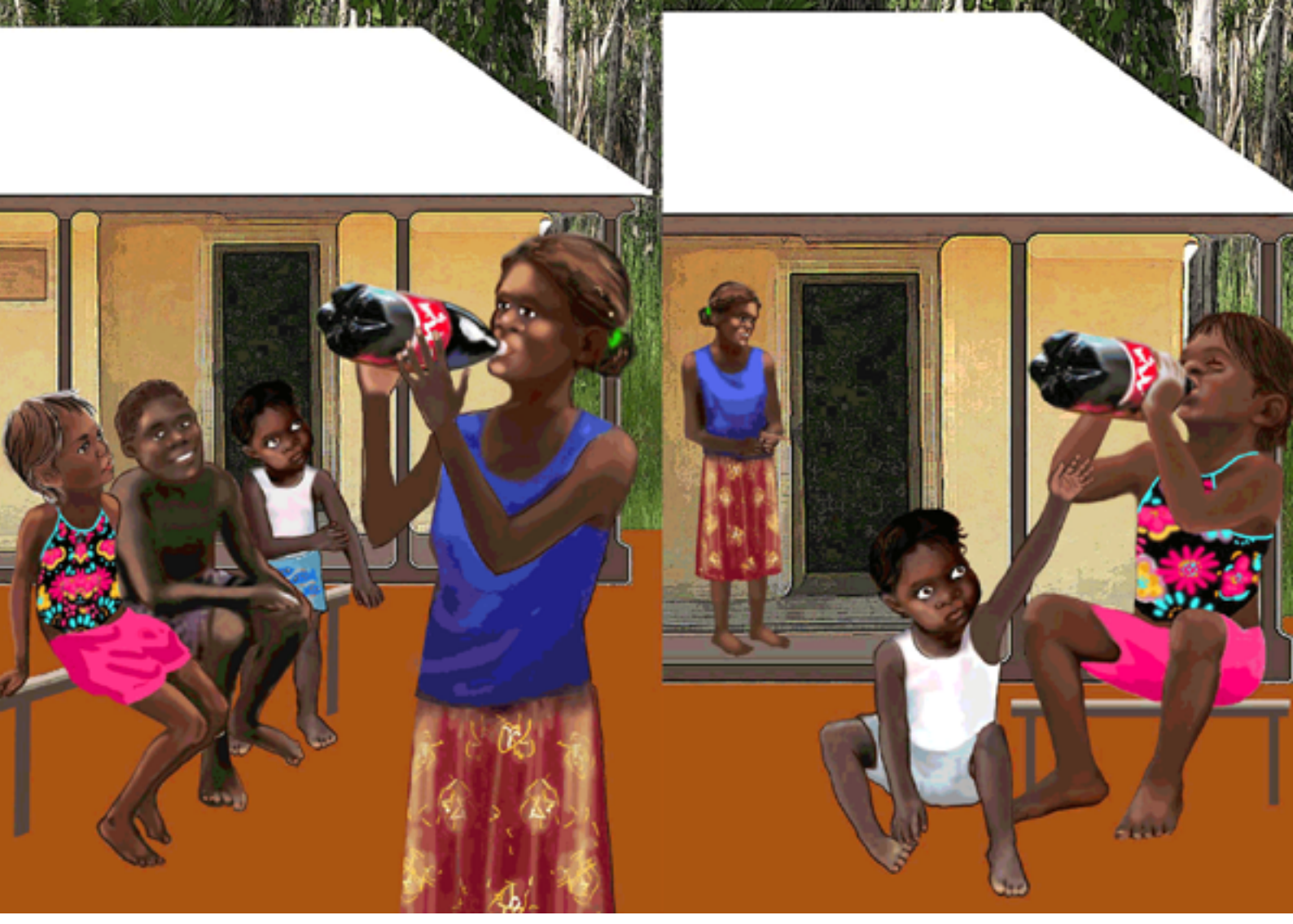
The mother is telling the child that the debil debil is over there, and will make them sick if she touches too many of those foods.



Drinking coke at home.

The mother knows that coke is not good for the body, but she drinks it anyway.

Children learn what to eat and drink by watching their parents and family.





Drinking water at home.

The mother is drinking less coke, and trying to drink water in front of the children.

Children learn what to eat and drink by watching their parents and family.

Drink fruit juice with added water.

This mother is adding water to fruit juice to make it “a bit weak, not so strong, so sweet tasting...”

She could also add soda water instead of plain water.

The mother knows that sugar and soft drinks are bad for children’s health and she only allows them sometimes.



Rotting, painful teeth.

Drinking too much soft drink and eating too many sweets gives children and adults painful rotting teeth, and makes their bodies weak.

Sooner or later they will probably need to visit the health clinic.



Cooking with the family.

Instead of buying snack foods in the store the family have returned home and are cooking a meal together. Parents and family can teach children how to cook traditional foods and store foods.



Family fun and exercise.

Instead of buying snack foods in the store the family are playing a game together. Soon they will go and collect some crabs.

Children and adults need to be active to be healthy.



The children have become weak and sick. They are going to the clinic.

Too many of the wrong store foods can make children weak and sick. They feel unhappy and can't play and join in.



The boy has become very sick.
His mother needs to leave the
family and go with him to the
hospital in town.

Children that don't eat enough good food can become
skinny and sick and spend time away from their family.
This makes everyone feel unhappy.



Looking into the future.

The foods that children (and adults) eat today, can affect their health in the future. These are discussions around future "risk".

What can happen to children who drink too many sweet drinks and lollies, and don't eat fruit and vegetables?



Footprints to indicate movement over time.
Use footprints to link up images, ideas and actions as they have the
potential to move and change over time.

