



Healthy Kea

Requirement	Date Started	Date Finished	Parent/Leader Signature
Plan and help cook a healthy meal at home.			
Make a poster of foods that are good for you.			
Show that you know about personal hygiene by showing how you care for your teeth, hair, skin, fingernails and feet.			
Describe when hands should be washed and how to do this.			
Take part in as regular fitness activity. This could be at school.			
Tell others in your Kea Club about a sport or activity you take part in.			

My Kea _____ has completed all the above requirements to earn this personal challenge badge.

Signed (Parent) _____

Kea Leader _____