



Hi my name is Alice and this is my first school's triathlon challenge.

I can't wait to give it a go!

I want to keep up with my friends so I'm going to train and eat well to give it my best shot.

My SUPER lunch! I don't have a big appetite so I like to eat small amounts of a few different foods.

My lunchbox is usually filled with a slice of ham, a boiled egg, some cheese, olives, cherry tomatoes and a few vitawheat crackers. That way I can eat as much or as little as I like.

My lunchbox is always empty by the end of the day though!

I like to snack on, fresh fruit, nuts or small tins of beans. At home I love making smoothies with milk and banana. Simple, but good for you and yummy!

My favourite breakfast? I love eggs on wholegrain toast with avocado. Yum, it keeps me going all morning!

A sleep-well dinner! I LOVE a stir fry, usually with beef to give me iron for healthy blood; and heaps of coloured vegies and cashews.

Sometimes I eat it with brown rice, and sometimes with white basmati rice.

