Focus Area	Advice / Recommended Foods	Key Results
Mental Health	Eat **(1)** _____ and seeds.	Improved concentration.
Eye Health	Eat **(2)** _____ and green veggies.	Protect eyes from screens.
Physical Health	Daily **(3)** _____ (e.g., walking).	Stronger **(4)** _____.
Energy Levels	Drink plenty of **(5)** _____.	Feel **(6)** _____ of energy.
Daily Routine	Avoid too much **(7)** _____.	Stay **(8)** _____ and focused.

LIVEWORKSHEETS