



Your Better Eat Better (BEB) Guide  
Let's make healthier food choices together!

A Project initiated by



**Have you watched the  
Better Eat Better (BEB) show  
by Tak Takut Kids Club (TTKC)?**



# Choices

# Choices



Like you, the children at TTKC look for ways to make better food and drink choices every day.



Talk to your family and friends about your daily food journey. This BEB Guide will help you make that first step.

# Breakfast

Let's start with breakfast, the most important meal of the day.

**What did you have for breakfast?**

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**Do you eat eggs in the morning?**

Yes    No    Sometimes



# Breakfast

## Try cooking eggs for breakfast!

Eggs provide a quick, affordable, delicious and nutritious start to your day.

## Here is an easy recipe to try!

### Scrambled eggs

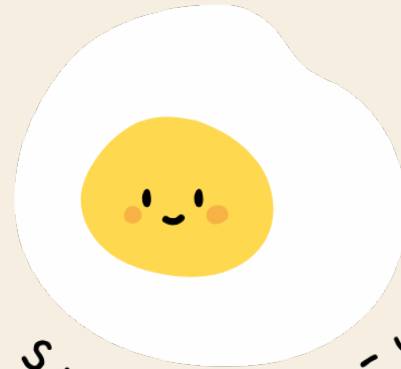
1. Crack 2 eggs in a bowl.
2. Add a splash of milk and a pinch of salt.
3. Whip the eggs with a fork.
4. Now, heat up the pan. Add a tablespoon of butter.
5. When the butter is melted, add the eggs.
6. Fold the eggs with a spatula until it is cooked to your liking.



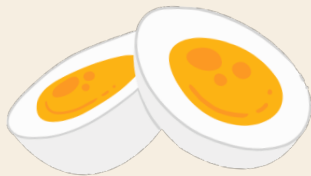
# Breakfast

## BEB Tip:

Eggs are rich in nutrients and vitamins. The egg yolks contain choline, a nutrient which helps to support your brain and memory. Don't skip the yolks!



Sunny side-up



Hard Boiled eggs



Scrambled eggs



Poached egg



# Drinks

How often do you consume bottled, boxed or canned drinks?

- Everyday
- 2-3 times a week
- Once a week
- Occasionally

Pay attention to how much sugar you consume, especially in the drinks you buy!

Read the food labels. Avoid drinks with sugar listed as the top three ingredients.

## BEB Tip:

Next time you read an ingredient label look out for the words ending with -ose, these are different forms of sugar.

## BEB Sugar Shocker

Did you know that sugar comes in many different forms? These are all sugar synonyms commonly listed in food labels.

### Hidden Sugars

In disguise

- Dextrose
- Fructose
- Galactose
- Glucose
- Lactose
- Maltose
- Sucrose
- Brown sugar
- Caramel
- Cane sugar
- Castor sugar
- Coconut sugar
- Corn syrup solids
- Date sugar
- Demerara sugar
- Dextrin
- Diastatic malt
- Ethyl maltol

### Hidden Sugars

In disguise

- Fruit juice
- Glucose syrup
- Gula Melaka
- Honey
- High-Fructose Corn Syrup (HFCS)
- Icing sugar
- Maltodextrin
- Malt syrup
- Muscovado sugar
- Molasses
- Maple syrup
- Panela sugar
- Raw sugar
- Rice syrup
- Sucanat
- Turbinado sugar
- Treacle



# Food Labels

Now, let's explore reading food labels.

The ingredient list tells us what goes inside our body when we eat that food

product. The expiry date indicates if the food product is fresh. Food labels help us make healthier and safer food choices!

## BEB Activity

Match the name of each drink or food product to the correct ingredient list.

Oreo Cookies

Green Health Seaweed Snack

FairPrice Natural Fruits & Nuts

Milo

Pokka Peach Tea

**INGREDIENTS**

Skimmed Milk Powder (Cow's Milk), Malt Extract (contains Barley), Sugar, Cocoa, Palm Olein, Sweet Whey Powder (Cow's Milk), Stabiliser, Minerals (Calcium Phosphate, Magnesium Carbonate, Sodium Phosphate, Ferric Pyrophosphate), Maltodextrin, Soya Lecithin, Vitamins (B3, B6, B2, D, B12).

May Contain: Soya, Tree Nut.

**MANUFACTURED IN MALAYSIA FOR**  
Nestle Singapore (Pte) Ltd, 15A Changi Business Park, Singapore 486025.

**NUTRITION INFORMATION**

Servings per bottle: 2  
Serving size: 250ml (2 Glasses)

|                 | Per Serving         | Per 100ml           |
|-----------------|---------------------|---------------------|
| Energy          | 68 kcal<br>(288 kJ) | 35 kcal<br>(147 kJ) |
| Protein         | 0.0 g               | 0.0 g               |
| Total Fat       | 0.0 g               | 0.0 g               |
| - Saturated Fat | 0.0 g               | 0.0 g               |
| Carbohydrate    | 22.0 g              | 8.8 g               |
| - Total Sugar   | 8 mg                | 3 mg                |
| Sodium          | 10 mg               | 4 mg                |

All quantities are average values. Colour change and sediments are natural and do not affect quality. All food additives are sourced from purely synthetic origin.

**Ingredients:** Water, Freshly Brewed Dark Tea, Sucrose, Flavonins, Peach Juice, Ascorbic Acid, Tartaric Acid.

**Nutrition Facts**  
(Serving Size: 1 handful (1 g))  
Servings Per Container: 1

| Amount Per Serving            | % Daily Value* |
|-------------------------------|----------------|
| Calories 10                   |                |
| <b>Total Fat</b> 14g          | <b>28%</b>     |
| <b>Saturated Fat</b> 0.2g     | <b>2%</b>      |
| <b>Trans Fat</b> 0g           |                |
| <b>Cholesterol</b> 0mg        | <b>0%</b>      |
| <b>Sodium</b> 54.1mg          | <b>3%</b>      |
| <b>Total Carbohydrate</b> 10g | <b>20%</b>     |
| <b>Dietary Fiber</b> 0.8g     | <b>3%</b>      |
| <b>Sugars</b> 0g              |                |

**INGREDIENTS**  
SEAWEED, CORN OIL, KELP MEAL, SEA SALT

**Ingredients:** Almonds, Raisins (contains Sulphites), Cashews, Grains, Figs and Chocolatey Marshes.

**Nutrition Information**

Servings per package: Approx. 13  
Serving size: 30g (1.1 oz)

|                 | Per serving | Per 100g |
|-----------------|-------------|----------|
| Energy          | 1460cal*    | 4870cal* |
| Protein         | 5.1g        | 17.1g    |
| Total Fat       | 10.0g       | 33.3g    |
| - Saturated Fat | 1.2g        | 4.0g     |
| - Trans Fat     | 0.0g        | 0.0g     |
| Cholesterol     | 0mg         | 0mg      |
| Carbohydrate    | 9.0g        | 30.0g    |
| - Total Sugar   | 8.0g        | 26.6g    |
| Dietary Fibre   | 2.8g        | 9.3g     |
| Sodium          | 2mg†        | 6mg†     |

\* 1 kcal = 4.2 kJ.  
† 20% lower in sodium as compared to high salt ready to eat nuts.  
†† 1% Daily Value (100g portion)

**Ingredients:** Wheat Flour, Sugar, Non-Hydrogenated Vegetable Glycerin, Potassium Phosphate, Egg, Yeast, Cocoa Powder (1%), Fructose Syrup, Raising Agents (Sodium Acid Phosphate (INS 5005), Aluminium Bicarbonate (INS 533iii)), Corn Starch, Salt, Emulsifier (Soy Lecithin (INS 3220ii)), Natural Identical Vanilla Flavor. Food additives are of plant and synthetic origin.

**Allergen Information:** Contains Wheat, Soy.

May Contain Milk, Peanuts.

**KOMPOSI:** TERUNG TERBUKA, GULA, MINYAK MADAGASKAR (MENGANDUNG ANTIOKSIDAN TERBUKA), BUBUK COKLAT KEHALALAN, GULA, BUNYUH, PANGKASANG (MALTUM & PROTEIN) DAN BUNYUH, GARAM, STARCH, GULA, EMULSIFER (SOY LECITHIN (INS 3220ii)), PERISA VANILA SYNTETIK.

**PERINGATAN:** ILLUSTRI BERKUALITI PERISA VANILA SYNTETIK. BAHAN BERKUALITI, BAHAN BERKUALITI TERBUKA.



# Food Labels

Did you match each ingredient list to the correct food product?

Oreo Cookies

Green Health Seaweed Snack

Fairprice Natural Fruits & Nuts

Milo

Pokka Peach Tea

**INGREDIENTS**

Skimmed Milk Powder (Cow's Milk), Malt Extract (contains Barley), Sugar, Cocoa, Palm Oil, Sweet Whey Powder (Cow's Milk), Stabiliser, Minerals (Calcium Phosphate, Magnesium Carbonate, Sodium Phosphate, Ferric Pyrophosphate), Malto-dextrin, Soya Lecithin, Vitamins (B3, B6, B2, D, B12).

May Contain: Soya, Tree Nut.

MANUFACTURED IN MALAYSIA FOR Nestlé Singapore (Pte) Ltd, 15A Changi Business Park Central 1, #02-02/03, Singapore 499505.

**NUTRITION INFORMATION**

Servings per bottle: 2  
Serving size: 200ml (1 Glass)

|                   | Per Serving      | Per 100ml        |
|-------------------|------------------|------------------|
| Energy            | 88 kcal (368 kJ) | 35 kcal (147 kJ) |
| Protein           | 0.0 g            | 0.0 g            |
| Total Fat         | 0.0 g            | 0.0 g            |
| - Saturated Fat   | 0.0 g            | 0.0 g            |
| Carbohydrate      | 22.0 g           | 8.8 g            |
| - Total Sugar     | 22.0 g           | 8.8 g            |
| Sodium            | 8 mg             | 3 mg             |
| Total Polyphenols | 10 mg            | 4 mg             |

All quantities are average values. Colour change and sediments are natural and do not affect quality. All food additives are sourced from natural/synthetic origin.

Ingredients: Water, Freshly Squeezed Pink Tea, Sucrose, Flavours, Peach Juice, Ascorbic Acid, Tartaric Acid

**NUTRIENT FACTS**

Serving Size: 100g  
Amount Per Serving

|                       | % Daily Value*              |
|-----------------------|-----------------------------|
| <b>Calories 10</b>    | <b>Calories from Fat 13</b> |
| Total Fat 1.5g        | 2%                          |
| Saturated Fat 0.2g    | 2%                          |
| Trans Fat 0g          |                             |
| Cholesterol 0mg       | 0%                          |
| Sodium 541mg          | 2%                          |
| Total Carbohydrate 4g | 0%                          |
| Dietary Fiber 0.8g    | 3%                          |
| Sugars 0g             |                             |

**INGREDIENTS**

SEAWEED, CORN OIL, SESAME OIL, KELP MEAL, SEA SALT

Ingredients: Almonds, Raisins (contains sulphites), Cashews, Grapes, Eggs and Pistachio kernels.

**Nutrition Information**

Savings per package: Approx. 13 Servings size: 30g (1 1/2 oz)

|                 | Per serving | Per 100g  |
|-----------------|-------------|-----------|
| Energy          | 146kcal*    | 487kcal** |
| Protein         | 5.1g        | 17.0g     |
| Total Fat       | 10.0g       | 33.3g     |
| - Saturated Fat | 1.2g        | 4.0g      |
| - Trans Fat     | 0.0g        | 0.0g      |
| Cholesterol     | 0mg         | 0mg       |
| Carbohydrate    | 9.0g        | 30.1g     |
| - Total Sugar   | 8.0g        | 26.6g     |
| Dietary Fibre   | 2.8g        | 9.3g      |
| Sodium          | 2mg†        | 6mg†      |

\* Total or 4.5 kJ  
\*\* Value per 100g as compared to regular ready to eat cereal.  
† See also % Moisture

Ingredients: wheat Flour, Sugar, Non-Hydrogenated Vegetable Oil (Palm), Polysorbate Monostearate Flavour (E-321), Cocoa Powder (Fat), Fructose Syrup, Raising Agents, Sodium Bicarbonate (INS 500), Potassium Bicarbonate (INS 503iii), Corn Starch, Salt, Emulsifier (Soy Lecithin (INS 322ii)), Nature-Identical Vanilla Flavour. Food additives are of plant and synthetic origins.

Allergen Information: Contains Wheat, Soy.

May Contain Milk, Peanuts.

KOMPONEN TERBUKTI: GULA, MINYAK MABAT (MENGANDUNG ANTISIKSIAN TERBUKTI, BURUK, COLOKAT), MUIH, SIUP FRUKTOSA, POKERINANG (PANTHER & AMANUM BRANSONATI), PATTI JAGUNG, GABAH, PERBUKTI MUIH BUKTI, PERBUKTI PEANUT, MANGKANDI ALERGEN, LIHAT DAFTAR BAHAN PANCIPAN TERBUKTI.

# Snack



## GOLDEN RULES

Try using the BEB Four Golden Rules when you pick your next snack or drink.

Everybody enjoys a good snack. As consumers, we can choose better **by reading the ingredient list before buying a snack.**

**1. Read the ingredient list.**

**2. Avoid snacks or drinks with an extremely long ingredient list or no ingredient list.**

A long ingredient list could mean it is highly processed.

**3. If you can't pronounce it, eat less or stay away.**

Maltodextrin, Aspartame, Sodium Benzoate, Acesulfame Potassium, Dextrin - you get the picture!

**4. Sugar is listed as the first three ingredients.**

Ingredients are listed from the largest to the smallest by weight. If sugar is listed as the first three ingredients, that means it is a main ingredient. Remember that sugar comes in many forms and names.

# Daily Food Journey

The final step is to map out your daily food journey. This simple exercise can help build your awareness around the food choices you make every day.

## BEB Activity

Jot down your answers to these questions on your 'Daily Food Journey' sheet: .

- What time did you eat or drink something, and where?
- What meals, snacks and drinks did you choose to consume throughout the day?

Next, share this sheet with your family. Ask them about the food choices they make. Can you think of ways to make better food choices together?

| MORNING |  |
|---------|--|
| Time    |  |
| Where   |  |
| Food    |  |
| Drink   |  |

| SCHOOL |  |
|--------|--|
| Time   |  |
| Where  |  |
| Food   |  |
| Drink  |  |

| LUNCH |  |
|-------|--|
| Time  |  |
| Where |  |
| Food  |  |
| Drink |  |

| AFTERNOON |  |
|-----------|--|
| Time      |  |
| Where     |  |
| Food      |  |
| Drink     |  |

| EVENING |  |
|---------|--|
| Time    |  |
| Where   |  |
| Food    |  |
| Drink   |  |



## HOW?

Since 2019, Tak Takut Kids Club (TTKC) has been building a village of care for children and youth aged 7 to 14 in Boon Lay. In response to the call from MOH Office for Healthcare Transformation (MOHT) for a stronger community movement in healthcare, we see a need to tap into our combined expertise in community development and permaculture design to make meaningful difference in the health of young persons, especially those from vulnerable backgrounds.

Website: <https://www.3pumpkins.co/>

A Project initiated by



Funded by



Giving Hope  
Improving Lives



MOH OFFICE FOR HEALTHCARE  
TRANSFORMATION

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