



# Famous Faces



## Healthy Harold

He's been helping teach kids about safe choices for more than 30 years but Healthy Harold certainly isn't planning on slowing down. The cuddly giraffe loves travelling the county in his big colourful van to spread the healthy eating news of the Life Education Program. Eating the earth's freshest fruit and vegetables, he says, is one of the most important things for everybody. Harold loves to make friends with everyone he meets.

### FACT STUFF



**Age:** Ageless **Famous for:** Helping kids make safe choices **Birthplace:** Australia **Currently Live:** Australia **Eye colour:** Brown **Hair colour:** Brown with yellowy orange spots **Pets:** No pets but I have lots of friends in the animal world **Siblings:** None **Hobbies:** Playing all sports, singing, dancing, playing games with friends, drawing

### FAVOURITE STUFF

**Clothes:** I have a selection of colourful scarfs and bandanas, and also lots of cool sunhats (with holes cut out for my horns of course!) **Food:** I LOVE all healthy food. Raw carrots, yoghurt or bananas are my favourite snacks **Music:** My favourite music is anything I can dance to! **Colour:** Orange and blue **Movie:** The Lion King and Madagascar are two of my favourites **Book:** Harry Potter and Animalia **Holiday destination:** Anywhere in Australia **Sport to watch:** Tennis, footy, cricket, netball and swimming

## INTERESTING STUFF

**You have been visiting kids in schools for over 30 years, what do you love most about it?** Travelling all over Australia and making lots of new friends, and talking to kids about how great you feel when you choose a healthy lifestyle.

**Tell me about the healthy diet that you eat?** Giraffes and kids need lots of variety including, fresh fruit and vegies, paste, rice, yogurt, cheese, bread and cereals and meat and fish. One of my friends make a great lentil burger!

**What is the most valuable thing you to tell kids about their health?** Being healthy is about understanding how your body works (so keep asking questions) and making safe and healthy choices every day.

**What is one of the funniest things that has happened while you've been in the Healthy Harold Van?** One day I came out to say hello to everyone and my undies were on my head!

**What is the best and the worst thing about being a giraffe?** The best thing is that I never have to worry about people sitting in front of me at the movies. The worst thing is forgetting about low branches in the park when I jog.

**How do you normally spend your free time?** I like to play sport with my friends, maybe read a book or put on some music and dance. I also like to make a big fruit salad for breakfast every Sunday morning.

**What advice can you give to other kids who want to help others with their health?** Be a good example and invite a friend to join you in your healthy choices - try playing a ball game or make a healthy snack together!

by LUCAS TOWNSEND