



Article 24

We have the right to good quality health care, to clean water and good food
Every child has the right to the best possible health. Governments must work to provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy. Richer countries must help poorer countries achieve this.

Children will:

- Wash my hands before I eat
- Sit at the table when I drink & for my snack
- Only take as much as I need
- Empty any left-over milk down the sink
- Put my empty milk carton in the rubbish bin
- Put my fruit peel or core in the compost bin
- Ask a friend or an adult if I need help

Adults, as duty, bearers will:

- Model healthy choices, drinking water and sharing fruit.
- Encourage children to sit at the snack table when eating or drinking
- Remind parents that children can have water or milk for their drinks at snack time

Parents and carers, as duty bearers, can:

- Provide only water in your child's water bottle
- Provide healthy food in your child's lunch box
- Buy a book for the school rather than providing sweets to celebrate your child's birthday