

### Study Tip #7

In 1970 Americans spent about \$6 billion on fast foods. By 2001 that figure topped \$110 billion. Victorians seem to be following the Americans lead. Victorians according to ABS statistics are fatter than any other state in Australia. Not only does making the right nutritional choices help you to maintain your health but it can help improve your ability to study. Learn more @ [www.vcehelp.com.au](http://www.vcehelp.com.au)

# July 2011

## Goals For The Month

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**VCEhelp.com.au**

VCE resources for VCE students, parents and teachers.

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You are what you eat...  
or at least  
what you absorb!

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**Term 3  
Starts**

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