

## Choices for good health ☺

Making good choices about our diet and lifestyle help us feel good and energised!

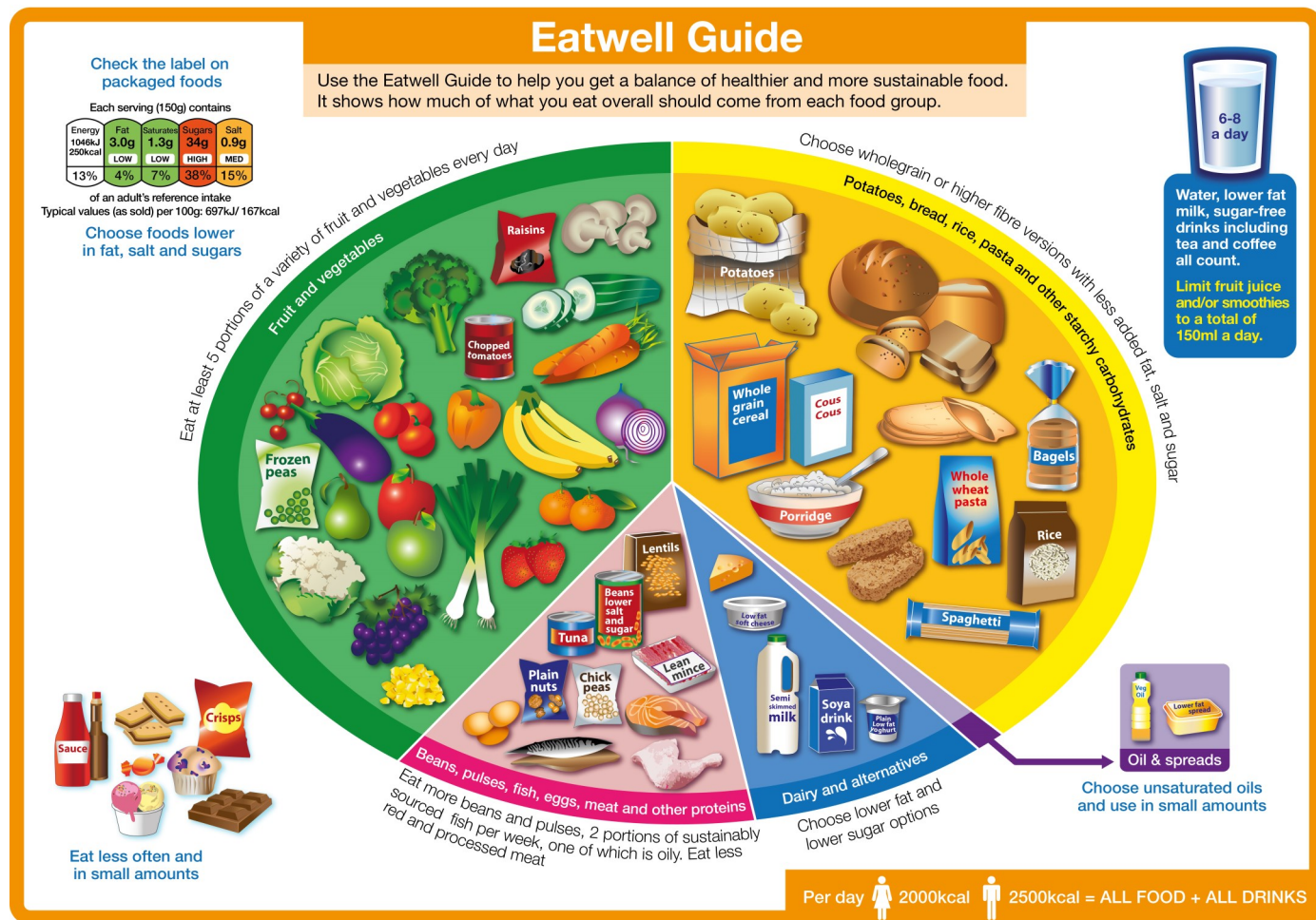
For children, this means that they can play, have fun and are ready to learn.

As Parents and Carers we make choices about our children's diet and lifestyle for them. By sign-posting good choices, it will help them grow and develop well **AND** learn to make healthy choices for themselves as they get older.



It's not just what we eat but when we eat too!

- Set routine meal and snack times.
- Offer water in between meals and snacks as it will help tummies feel fuller and help stay hydrated!



The **Eatwell Guide** illustrates how much of each food group we should be eating. Including the food groups in the right balance helps make sure we get all the nutrients we need for good health. Children age 2 to 5 need the same just in smaller portions for smaller tummies!

1 portion = the amount that would fit in the palm of their cupped hand



Food Group	Portions per day
<b>Carbohydrates</b> Energy	6 (meals and snacks)
<b>Fruit &amp; veg</b> Vitamins and fibre	5
<b>Proteins</b> Building blocks	2 to 3
<b>Milk and Dairy</b> Minerals, good fats	3

## Lunchbox top tips:

- ✓ Think balance and portion size.
- ✓ Choose healthy options.
- ✓ Low sugar drinks— water or milk. Fruit juices should be diluted.
- ✓ Cut grapes (or similar e.g. sausages) in half lengthways to reduce risk of choking.
- ✓ Involve your child in planning, shopping for, preparing and packing their food.
- ✓ Check packaging and think about simple swaps (e.g. no added sugar version of jelly).

Check out the Change4Life Food Scanner app. Your child will enjoy helping you scan barcodes to check out fat, sugar and salt content. You might be surprised at what some healthy foods and snacks contain!

## Please don't include:

- ✗ No nuts or foods containing nuts (including nut butters and spreads, such as Nutella) as we are a nut-free setting.
- ✗ No sweets, chocolate bars or sugary drinks.
- ✗ Processed, pre-packed foods high in sugar, salt and fat.

For more information:

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

[www.nhs.uk/livewell/exercise/physical-activity-guidelines-children-under-five-years/](http://www.nhs.uk/livewell/exercise/physical-activity-guidelines-children-under-five-years/)

## Teeth

25% of 5 year olds in the UK have tooth decay, risking the health of underlying adult teeth

**Visit the dentist** when 1st tooth appears and for check-ups

**Brush twice daily** with fluoride toothpaste (follow pack guidelines)

**Limit sweets, sugary drinks and snacks** (including dried fruits)

Introduce **free flow cups** around 6 months and stop bottles and sippy cups by 12 months (*water and milk are best*)



## Exercise

Preschoolers need around 60 minutes exercise every day. All physical movement counts, the more the better!



St. Mary's Pre-School

## HEALTHY CHOICES FOR LUNCHBOXES



A guide for parents and carers.

*Please talk to your child's Key Person if you would like any more information or guidance.*



*Lunch club is from 12.15 until 12.45 and is chargeable on top of session fees.*