

Ideas for healthier snacks
for packed lunches

Fruit- bananas, grapes,
strawberries, apples, pears,
pineapple, plums, mango

Vegetables- carrots, cherry
tomatoes, cucumber, pepper,
celery

Yogurt or fromage frais
(check that they don't
contain too much sugar)

Cheese and crackers

Sandwiches, wraps or pitta
bread filled with low-fat
cheese and tomato, hummus,
tuna, chicken or turkey.

For any extra

advice or information
regarding healthy eating
please contact Mrs Sally
McCaugherty our Home
School link

Email -

schoollink@harvington.worcs.sch.uk

Phone- 01386 870412

Useful links :

[www.nutritionist-resource.org.uk/
content/healthy-eating-for-kids.html](http://www.nutritionist-resource.org.uk/content/healthy-eating-for-kids.html)

[www.bbcgoodfood.com/.../healthy-
eating-what-young-children-need](http://www.bbcgoodfood.com/.../healthy-eating-what-young-children-need)

[www.nhs.uk/live-well/eat-well/the-
eatwell-guide](http://www.nhs.uk/live-well/eat-well/the-eatwell-guide)

Healthy Eating



The importance of a healthy and varied diet

A healthy diet is important for everyone, especially children, to ensure that they receive all the nutrients they need to grow and develop. Eating well along with being physically active will improve your children's health which will help them learn and achieve at school.

Encouraging your children to eat healthily while they are young will make them more likely to adopt a healthy lifestyle as they grow into adulthood.



What does healthy eating mean?

It is important that children enjoy their food, this will establish positive lifelong attitudes towards healthy eating. Try to get them interested in food by becoming involved in the food shopping, for example: writing the list and picking the products off the shelves. Also get them involved in the food preparation and cooking, this makes mealtimes fun can develop their interest in food and healthy eating.

Eating a balanced diet consisting of a mixture of foods is essential as different foods contain different nutrients. Therefore, families eating a varied diet are more likely to be getting all the nutrients they need.

It is extremely important that children have plenty of starchy foods (carbohydrates) in their diet. These include bread, cereal, pasta, rice, potatoes and couscous. These should be the main sources of energy for children making up about a third of their daily diet. Each meal should contain a starchy food.

Fruit and vegetables are an essential part of a child's diet. You should aim for your child to eat five or more servings a day. A serving of fruit or vegetables is roughly the amount that fits into the palm of their hand. Raw, fresh, dried, canned and frozen all count as a portion.

You should encourage your child to eat moderate amounts of protein throughout the day. These include meat, fish and alternatives such as beans, lentils, nuts or soya products. Try to provide at least one portion with each meal.

Children should consume a small amount of dairy products such as milk, cheese and yogurt each day but try not to over indulge as these can be high in fat.

It is important that your child does not eat too many foods that contain a lot of fat., such as fried foods, pastries, pies, crisps, biscuits, chocolate, butter and other spreads, oil and mayonnaise. Look for lower fat options and opt for baking or grilling rather than frying.

Although children do tend to love them, encourage your child not to eat snacks or drinks that contain a lot of sugar too often as this can damage teeth and may fill children up so they are not hungry at mealtimes.

There is no need to add salt to children's food. Also check the labels if you are buying processed foods and choose those with less salt (sodium) if possible.

