

Developing Children's Healthy Eating Habits

It is important that as children return to school full time we need to consider how we can develop their healthy eating habits. Here are some ideas that you might like to consider to help your child develop good eating and exercise habits for life.



Healthy Lifestyle

If children are having a lunch could you swap some choices to healthier ones?



Cheesy coleslaw with wholemeal pitta



1,125

lunchbox



Creamy hummus dip with pitta bread and vegetable sticks



1,383

lunchbox



Egg mayonnaise and lettuce bap



554

lunchbox



Hummus and salad wrap



572

lunchbox

Things like sausage rolls can be swapped for healthier sandwich choices like the ones opposite.



Salmon and salad bagel



394

lunchbox



Soft cheese and salad sandwich



770

lunchbox



Spicy chicken and salad wrap



1,725

lunchbox



Tuna and bean salad



1,071

lunchbox

Things like fruit yoghurt can be swapped for low sugar alternatives.

Find more ideas at <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Exercise

Can you make sure even as lockdown continues that your child is doing some exercise nightly after school?

The screenshot shows the Change4Life website's 'Activities' page. At the top, there is a yellow navigation bar with the 'change 4 life' logo on the left and menu items for 'Food facts', 'Recipes', 'Activities', 'Your child's weight', and a 'Join Change4Life' button on the right. Below the navigation bar, the word 'Activities' is written in large red letters. To the right of the text is a cartoon illustration of a brown bear wearing a watch. The main content area has a grey background and contains a paragraph of text. Below this are three white cards with rounded corners. The first card is titled 'Sports and activities A to Z' and features a photo of children running on a grassy field. The second card is titled 'Indoor activities for kids' and features a photo of two children playing. The third card is titled '10 Minute Shake Up games' and features a collage of Disney and Pixar characters and a '10 minute shake up' logo.

change 4 life

Food facts Recipes Activities Your child's weight Join Change4Life

Activities

Kids should aim for 60 minutes of activity each day. We know that may feel difficult right now, but we have loads of Disney inspired indoor games and 10 Minute Shake Up activities to help them stay active while everyone's at home.

Activities

Sports and activities A to Z

Sports and physical activities are a great way for kids to get some exercise. See our A to Z of new sports to try, and find out how to get started with our family-friendly ideas.

Activities

Indoor activities for kids

Discover some great ideas for family-friendly indoor activities to get kids moving - whatever the weather!

10 Minute Shake Up games

Have you tried our Disney and Pixar inspired games? Shake Up activities are fun for all the family - and a great way for kids to get active!

Find more ideas at

<https://www.nhs.uk/change4life/activities>

Recent research suggests children should be active for at least 180 minutes a day. At school we try and keep children active for 120 minutes a day but can you find another hour after school to go for a walk or go to the park? Find out more at

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-under-five-years/#:~:text=Toddlers%20should%20be%20physically%20active,the%20day%2C%20including%20playing%20outdoors.>

At School

Here are some things we do in school to help make sure children are healthy and know all about being healthy.

Fresh fruit

Koo Koo Kangaroo

Milk

Go Noodle

Washing Hands