

Working together with
Children and Families

**Healthy Eating...
A Guide for Parents!**

Want to find out more?

5 a day—Live well—NHS choices
www.nhs.uk/livewell/5aday/pages/5adayhome.aspx

Change for Life—NHS
<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/lower-sugar-drinks-for-kids-stop-tooth-decay>



What is included in healthy breaks?

Drinks

It is important that children drink enough during the day, so that they don't become dehydrated and tired. Water is freely available throughout the day at Bloomsbury Nursery School. Water and milk are the most suitable drinks for children.



Water: tap water or unflavoured, still, bottled water

Milk: all whole, semi-skimmed un flavoured milk. Skimmed milk should not be given to children under five years.

Not Suitable: fruit juices (including pure fruit juice), smoothies, sparkling water, squash or fizzy drinks, even those labelled 'no added sugar', 'diet' or 'zero' years.

NOT SUITABLE

Sugary Spreads, including jams, honey, marmalade or chocolate spread

Cereal Bars coated with sugar or honey e.g. coco pops.

Sweetened breads and pastries e.g. Danish pastries.

Yogurt flavoured with fruit, toffee or chocolate or those with added fruit sauces or chocolate balls.

Fruit tinned in syrup, dried fruit e.g. raisins, sultanas and processed fruit bars e.g. fruit winders

These are all high in sugar and can cause tooth decay as they are acidic.

**PLEASE DO NOT SEND YOUR CHILD WITH CRISPS,
CHOCOLATE BARS OR SWEETS**

Fruit and Vegetables

Help your child get the recommended five portions of fruit and vegetables a day by including one or more portions as a snack for their break.

Here at Bloomsbury we have a breakfast snack table which consists of different fruits and breakfast choices.

This includes all fresh fruit and vegetables and pots or tins of fruit in fruit juice, but not **SYRUP**.

A portion for your child could be:

- 1/2 medium sized piece of fruit e.g. apple, orange, banana, pear.
- 1/2 cup of grapes, cherries or berries
- 1 slice of melon
- 1 heaped tablespoon of fresh veg, e.g. chopped or sliced carrots, peppers or sugar snaps.

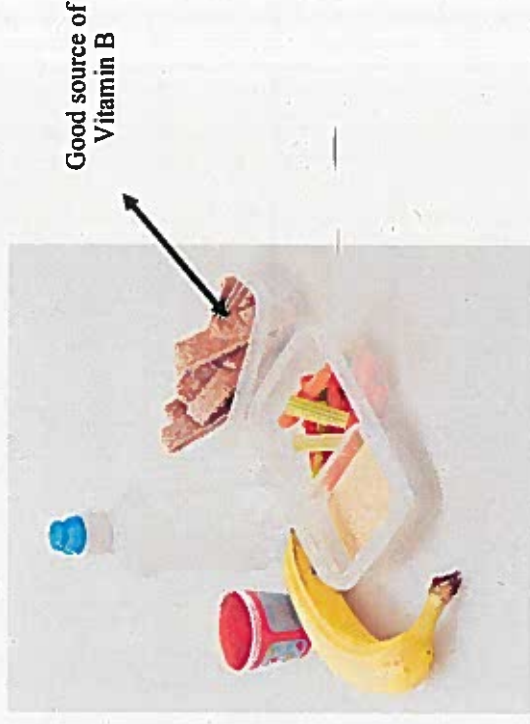
As a child grows, portion sizes should increase. Portions for older primary school children should be twice the size of those for pre school children.

To reduce the risk of choking in young children under the age of five years, smaller fruits and vegetables like grapes and cherry should be halved by cutting lengthways.

Get your kids involved in preparing and choosing what goes in their Lunchbox. They are more likely to eat it if they helped make it.

Packed Lunch Ideas

Creamy Hummus Dip with pitta bread & Vegetable Sticks



Hard-boiled Egg with Carrots & Cucumber



Tuna mayonnaise & sweetcorn sandwich



Lunchbox pasta salad

