

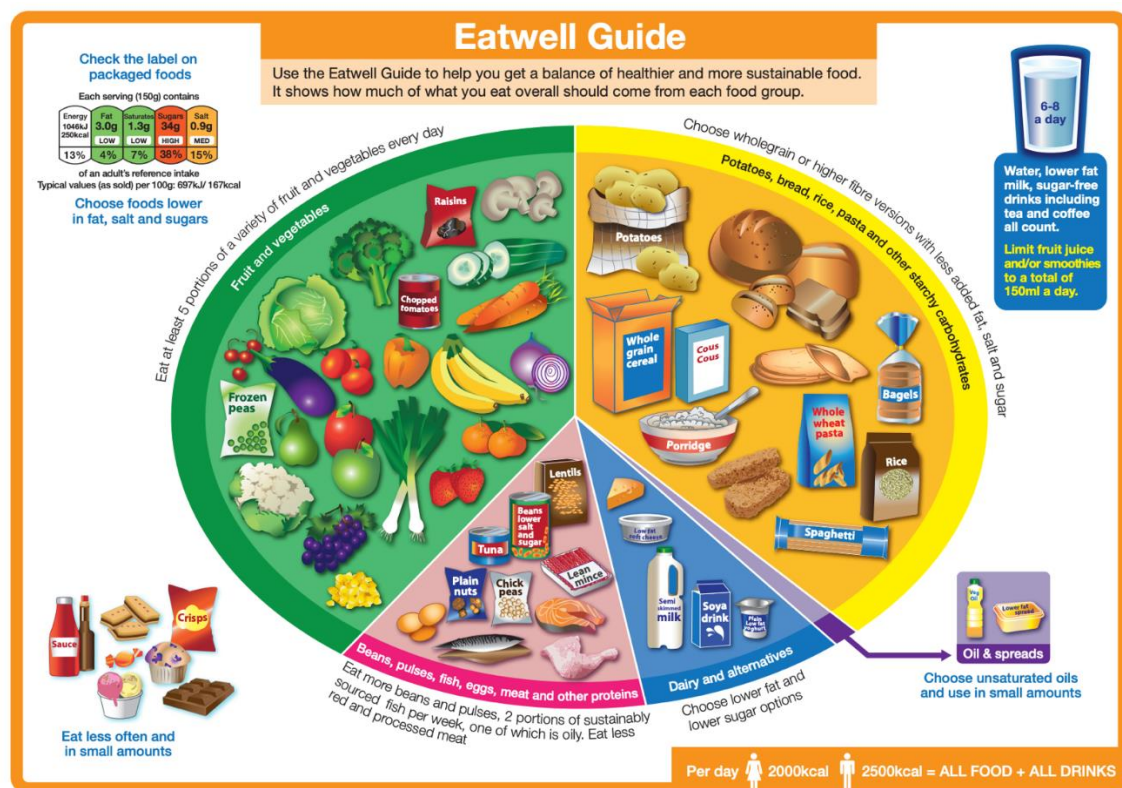


HEALTHY EATING AT HOME

Helping Children Grow, Learn and Thrive

A healthy diet helps children concentrate, learn, grow and stay active.

What Does a Balanced Diet Look Like?



The Eatwell Guide shows us that:

Fruit & Vegetables	Carbohydrates	Dairy & Alternatives	Protein Foods	Healthy Oils & Spreads
Around a third of what we eat	Bread, rice, pasta and potatoes	Milk, cheese and yoghurt	Meat, fish, eggs, beans and lentils	Needed in small amounts
Aim for at least 5 portions every day	Choose wholegrain where possible	Important for healthy bones and teeth	Helps children grow and repair their bodies	

Healthy Snack Swap Ideas

Instead of This...	Try This...
 Chocolate Bar  Biscuits  Fizzy Drinks	 Banana  Apple  Cheese Cubes  Carrot Sticks  Plain Popcorn  Water

Healthy Cereal bars (NHS recommendations)

Cereal Bars	
CEREAL BAR	CARBS PER BAR (grams)
Alpen Light Summer Fruits Bar	11
Weetabix Oaty Bars 50% Less Sugar - Milk Chocolate	12
Trade Craft Geo Choc Chewy Bar	13
Rice Krispies Bar	15
Kellogs Squares Caramel & Chocolate	17
Alpen Strawberry & Yoghurt Bar	22
Jordan's Frusli Red Berries Bar	23
Oat So Simple Fruit Muesli Morning Bar	24
Kellogs Nutrigrain Crunchy Breakfast Granola Slices	26
Kellogs Nutrigrain Breakfast Biscuits - Cereal & Milk	26
Nature Valley Crunchy Canadian - Maple Syrup	27
Alpen Trail Chunky Nut Bar	29
Mc Vities Breakfast Bar with Porridge Oats	32
Belvita Fruit & Fibre	33
Go Ahead Crispy Fruit Slices - Raspberry	33
Pop Tart Frosted Strawberry Sensation	35



Breakfast Matters!

Children who eat breakfast often find it easier to concentrate and engage in learning throughout the morning.



Water is Best

- ✓ Keep a water bottle nearby
- ✓ Choose water between meals
- ✓ Reduce fizzy and sugary drinks
- ✓ Drink regularly throughout the day

Get Children Involved!

- 🥕 Washing vegetables
- 🛒 Writing shopping lists
- 🍓 Preparing packed lunches
- 🥄 Mixing ingredients

Children are more likely to try new foods when they help choose and prepare meals.



Useful Websites for Families

NHS Healthy Families

Recipes, lunchbox ideas and healthy swaps.

🔗 <https://www.nhs.uk/healthier-families>

NHS Eatwell Guide

Understanding balanced nutrition.

🔗 <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

British Nutrition Foundation

Family nutrition advice and resources.

🔗 <https://www.nutrition.org.uk>



Working together to
strengthen wellbeing
across our school community

Food Standards Agency

Food safety and healthy eating information.

 <https://www.food.gov.uk>

Healthy Lunchbox Ideas



BUILD A BALANCED LUNCH!

Mix, Match & Pack Your Lunchbox

1 PICK A MAIN	 whole-grain chicken wrap ☐	 turkey pita pocket ☐	 egg salad sandwich ☐	 veggie quesadilla ☐	 bean burrito ☐	 tuna cucumber sandwich ☐	
2 PICK A VEGGIE	 carrot sticks ☐	 snap peas ☐	 sweetcorn cup ☐	 broccoli florets ☐	 roasted zucchini ☐	 avocado slices ☐	 red pepper strips ☐
3 PICK A FRUIT	 orange wedges ☐	 pear slices ☐	 kiwi ☐	 hummus ☐	 raspberries ☐	 mango chunks ☐	 peach slices ☐
4 PICK A PROTEIN	 boiled egg ☐	 roasted chickpeas ☐	 edamame ☐	 cottage cheese ☐	 almond butter ☐	 lentil bites ☐	 mozzarella pearls ☐
5 PICK A CRUNCH	 whole-grain crackers ☐	 baked pita chips ☐	 air-popped popcorn ☐	 toasted cereal squares ☐	 rice crackers ☐	 roasted corn ☐	 oat bites ☐
6 PICK A FUN EXTRA	 banana bread bite ☐	 yogurt-covered raisins ☐	 oatmeal cookie ☐	 fruit leather ☐	 mini pancake ☐	 date-cocoa ball ☐	 small brownie bite ☐


 Pack a water bottle


 Try different colors


 Include an ice pack


 Choose foods you enjoy

YOU'VE GOT THIS!



Clover Hill Healthy Eating Challenge

Can you:

- ✓ Eat 5 portions of fruit and vegetables each day?
 - ✓ Drink more water?
 - ✓ Try 1 new healthy food this week?
 - ✓ Help prepare a family meal?
-



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