Sit down together at the table or on the floor

make meals times fun , plan and prepare together

children can lay the table and clear away at the end

Talk about the food

What colour is it?

What does it feel like?

What words can you use to describe the food?

https://www.bbcgoodfood.com/howto/guide/top-10-healthy-meals-for-kids ▾

1. Pitta pocket.

2. Super veg pasta. Your child will enjoy at least two of their five-a-day in this …

3. Porridge with blueberry compote. Breakfast is an important meal for children …

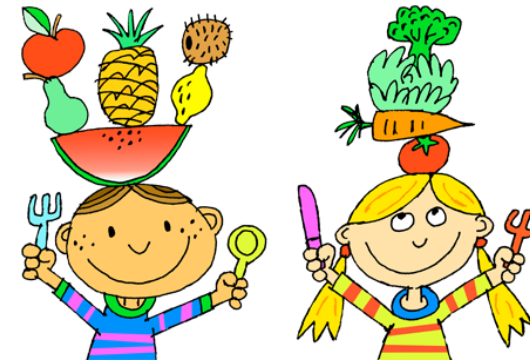4. Macaroni cheese with veg. The whole family will love this mac and cheese …

See full list on bbcgoodfood.com

Website links

Healthy eating: What young children need | BBGood Food
Kid's Healthy Eating Plate | The Nutrition Source | Harvard T.H.

Healthy eating

Summer 2

EYFS

Chapel Street
Community Primary School

See Class Dojo for more.

Each half term the EYFS team will be focusing on an element of being a healthy child. You will get a booklet with ideas of how to support your child's health. This half term is …

Healthy Eating

Website   The Eatwell Guide - Healthy choices - Bing video

The eatwell plate

FOOD PYRAMID TO MAKE KIDS HEALTHY

Fats and Sugar
(Ghee,Oil,Butter,Sugar and Jaggery)

Dairy Products
(Milk,Yogurt,Cheese,Paneer)
(2 Servings)

Fruits, Vegetables and
Leafy vegetables
(2-3 Servings)

Grains,Cereals
Pulses
(5-6 Servings)

Healthy snacks for your child

- raw vegetable sticks, such as cucumber and carrots, on their own or with hummus
- a piece of fruit
- a plain yoghurt with a sliced banana in it
- a slice of toast with cheese spread, hummus or peanut butter
- some crackers, breadsticks or unsalted rice cakes with cheese and vegetable sticks
- a bowl of unsweetened cereal with whole milk

Website :   What to feed young children - NHS (www.nhs.uk)

YES it is ok to eat treats of cake, chocolate etc but there needs to be a good balance with healthy food and snacks.

Remember breakfast

Breakfast gives you energy for day at school.

Top tips

- Dilute fruit with water, this better for your teeth
- Add berries to cereal
- Make vegetable soup and serve it in a cup
- Water bottles encourage children to drink water
- Cut up sticks of carrot, cucumber and celery for an after school treat instead of sweets. Children love to help and can count the pieces too.