

Healthy eating information for parents/ carers

Healthy eating is important for babies and children as it gives them the energy and nutrients they need in order to grow and develop. It helps the children to grow so that the bones and muscles develop properly. From healthy food like fruit and vegetables they will get energy to make them move and develop physical skills. If children have a balanced diet then they can get a range of nutrients from different food sources.



Websites for information on how to eat healthier-

NHS websites <https://www.nhs.uk/live-well/healthy-weight/childrens-weight/healthy-weight-children-advice-for-parents/>

Change for life

<https://www.gov.uk/government/news/new-change4life-campaign-encourages-parents-to-be-food-smart>

Healthy lunchbox ideas-

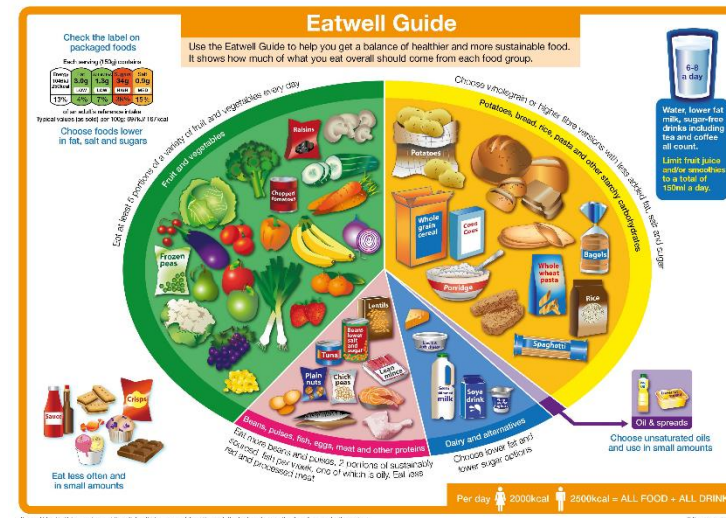
Providing a healthy lunchbox is sometimes difficult here are some ideas to help make it easier

Houmous dip with pitta and vegetables

Tuna mayonnaise pasta

Swap chocolate cake bars for slices of malt loaf

Provide water instead of sugary drinks



An eat well plate displays what kinds of foods children should be eating and the proportions. It suggests to try and eat at least 5 portions of fruit and vegetables a day. It is important for children to not have lots of sugar such as crisps, chocolate and to have simple swaps for example healthier snacks such as fruit or vegetables.