



The Family Pack Lifestyle

Welcome

This is an informal information session that has been developed to help explore and better understand the following subjects:

- Sleep
- **Healthy Eating**
- Routines
- School Readiness
- Sibling Rivalry

We understand that we all parent in slightly different ways, and what one parent does may not work for the other. You need to do what you feel may work best for you and your family. We hope the information in these sessions will be helpful”



Healthy Eating

Somerset PTSA's
FIP
THE FAMILY PACK
Everyday helpful hints & tips

Healthy Eating



What is healthy eating?

Healthy eating helps to maintain or improve overall health, providing the body with essential nutrition. Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best. This means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

Why is healthy eating so important for your children?

Developing good eating habits as a child has been shown to have significant impact on adult behaviours later in life. Healthy eating; more than physical activity, has the greatest impact on achieving and maintaining a healthy weight for both adults and children.



What is a Balanced Diet?

What should be on your children's plate?

We should eat at least 5 portions of a variety of fruit and vegetables a day

Eat some beans, pulses, fish, eggs, meat and other protein



Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates

Have some dairy or dairy alternatives (such as soya drinks and yoghurts)

Remember:



Limit high fat foods like:

- chocolate, cakes, biscuits, sugary soft drinks, butter and ice cream.

They're not needed in our diet, so should be eaten less often and in smaller amounts



Choose unsaturated oils and spreads, and eat in small amounts



Children should drink plenty of fluids, around 6-8 cups a day

Tips for eating well

Things that might be helpful?

Include fruit and veg in your daily diet

Fish – including a portion of oily fish each week

Cut down on fats, sugars & salt

Consider healthy snacks – Carrot sticks, nuts, fruit.

Try and eat three times a day

Drink plenty of water (Sugar free drinks)

Breakfast is important to set you up for the day

Do you have any tips that work for you?



Handouts

NHS Eatwell guide:

[The Eatwell Guide \(publishing.service.gov.uk\)](https://www.nhs.uk/eatwellguide/)

Healthy Weight:

<https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme/>

Healthy meals for children:

<https://www.bbcgoodfood.com/recipes/collection/healthy-kids-recipes>

NHS Change4Life:

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

Twinkl Free Resources:

<https://www.twinkl.co.uk/resources/food-drink-and-eating/healthy-eating/healthy-eating-activities-and-games>

Challenge Time & Feedback

We are now going to challenge you to put this information into practice with your family. Let's see if it makes a difference?

Think about:

- What was helpful?
 - What did you find most useful?
- Would you feel comfortable explaining these ideas to someone else?
 - What changes did you make?
 - Was there a positive outcome?
 - Any challenge?