

# Healthy Living

## Healthy Diet



### Task

Over the next two weeks make a list of the snacks you offer children.

- How could you improve on this?
- Do you offer all children a selection of fresh fruit/vegetables daily?
- How are snacks prepared?
- How do you encourage children to become independent in making choices about their diet?
- What other healthy snacks could you offer?
- If you provide meals how do you ensure that they are balanced?
- How is fresh drinking water made available to the children?
- What information do you share with parents about having a healthy diet?
- Are children involved in preparation of their own snacks?
- Do adults eat with the children, modelling healthy choices?

### Task

Design an activity to involve the children which will encourage them to select healthy options.

## **A good example of children making healthy choices**

A playgroup has an open snack bar. The children choose from a variety of healthy snacks and drinks. They pour their own drink and cut their own fruit. They have become very good at choosing just enough!

### **Task**

Plan a parent workshop/open session to promote a healthy lifestyle.

### **Task**

Task a member of staff with researching the Eat Better, Start Better campaign, with the expectation that they feedback the key points at the next team meeting.

### **Resources link**

<https://www.actionforchildren.org.uk/resources-and-publications/information-guides/eat-better-start-better/>