

EAT WELL LIVE WELL

Healthy eating for every life stage



HEALTHY EATING FOR CHILDREN

4-11 YEARS



Children need a wide variety of foods from all of the food groups to obtain the nutrients they need. The amount of physical activity they do in the day will determine the amount they need to eat to keep their energy levels up. Most will need three main meals, plus a snack in the morning and afternoon.

COMMON CHALLENGES AND HELPFUL TIPS

Healthy breakfasts

A healthy breakfast sets children up for a busy day of learning by supporting their attention span, concentration, and memory. It also helps them have enough energy to participate in physical activity and maintain a healthy weight. Model healthy eating behaviours by letting your child see that you're eating breakfast too.

Some healthy breakfast ideas include:

- Wholegrain toast with peanut butter and banana
- Muesli with yoghurt and fruit
- Boiled eggs or omelettes

Healthy lunches

School children start to make more independent choices about what to eat away from home and may be influenced by their friends. Encourage your child to prepare and pack their own lunchbox - try to include a healthy option from each of the five food groups, especially veggies!

To increase vegetable intake:

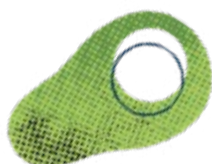
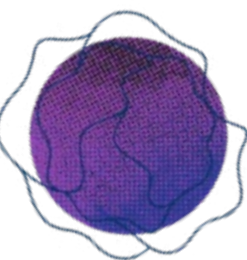
- Add grated vegetables to savoury muffins and slices
- Chop up vegetable sticks and serve with tomato salsa, hummus, or beetroot dip
- Try a homemade pizza using tomato paste, veggies, and some grated cheese

Healthy drinks

Children need plenty of fluids, especially on hot days and when they are being active. A glass of milk provides one serve of dairy food - three serves are needed to get enough calcium for healthy bone and teeth development. Tap water is the drink of choice at all other times. Sugary drinks are not part of a healthy diet for children as they contribute to tooth decay and excess weight gain, which are common food-related challenges for this life stage.

Encourage children to drink more water by:

- Adding slices of vegetables, fruit, and herbs for colour and flavour
- Letting children choose a cup or drink bottle they like and keeping it topped up
- Some children prefer cold water, so have some in the fridge or add ice-cubes





KEY NUTRIENTS

Our food and nutrition needs change as we grow and age. Choose healthy options from the five food groups that help meet the demands of key nutrients for your child's life stage.

Nutrient	Function	Food sources
Protein	<ul style="list-style-type: none"> · Provides energy for growth · Helps fight infection and heal wounds 	<ul style="list-style-type: none"> · Lean meat, fish and poultry · Milk, yoghurt and cheese · Chickpeas, beans and lentils · Eggs
Iron	<ul style="list-style-type: none"> · Helps red blood cells carry oxygen around the body · Increases energy 	<ul style="list-style-type: none"> · Lean meat and poultry · Iron fortified cereal · Leafy greens · Chickpeas, beans and lentils
Vitamin C	<ul style="list-style-type: none"> · Improves the absorption of iron · Boosts the immune system 	<p>All fruits and vegetables. Highest in:</p> <ul style="list-style-type: none"> · Capsicum, broccoli, cauliflower and asparagus · Kiwi fruit, oranges and mango
Calcium	<ul style="list-style-type: none"> · Plays an essential role in all cells · Required for normal growth and development of bones and teeth 	<ul style="list-style-type: none"> · Milk, yoghurt and cheese · Leafy greens · Dried apricots · Nuts or nut butter



BANANA, CARROT & YOGHURT MUFFINS

These Banana, Carrot & Yoghurt Muffins are much lower in sugar than store bought options and even sneak some veggies into them. The yoghurt helps to bump up the protein which is essential for children's growth.

Download the recipe at
www.geelongaustralia.com.au/eatwell