

HEALTHY EATING HABITS FOR HEALTHY KIDS

Children are curious little people. They're not afraid to explore, be imaginative and learn about the world around them. Anyone who has spent time with young ones will be familiar with the question 'but why?' Kids have a lot of questions because they are hungry to learn.



One thing we can help them make sense of is the importance of a healthy diet. Teaching kids about healthy food and lifestyle choices will help them grow into healthy adults. But in a society where junk food is heavily promoted and easy to buy, how do we do that? Be prepared, because it may require a decent sense of humour, creativity and adventure.

Here are eight ideas that will nourish the body and mind of both you and your children.

1. Be a role model

Lead by example and eat the way you want your children to eat. Kids may be more willing to try new foods if they see you eating them.

2. Explore the outdoors

Growing edible plants is a fun way of encouraging kids to taste and eat more fruit and vegetables. It also teaches them that providing care and nourishment for plants leads to optimal growth – just like with our bodies.

3. Tell stories

Tell children about what you, your parents or your grandparents used to eat. It will help them understand how the food environment has changed over time.

4. Answer all those questions, big and small

Why are carrots orange? 'What happens to the food inside me?' - Children are hungry for new information. Take time to find the answers; you're bound to learn a thing or two yourself.

5. Listen to their tummies

Children are born with the ability to eat when they're hungry and stop when they're full - something we adults often lose touch with. Encourage children to stay in tune with their natural hunger cues. Don't use rewards or force or push a child to eat.

6. Ask for some helping hands

Get kids involved in the planning and preparation of meals. For younger children, this may be helping with the cooking or writing the shopping list. For older children, it could be organising a meal plan within a budget.

7. Make meal times fun

Sit, talk and eat around a table rather than on the run. It helps us eat slowly, appreciate our meal and is a great time to share stories about each other's day.

8. Save treats for special occasions

Encourage a piece of fruit for something sweet after a meal. Remember, water is the best drink.



For children to get all the nutrients they need for growth and development, it's important to provide three healthy meals a day (including breakfast) and a variety of foods from each of the four food groups.

Fuelled4life

NO ADDED SUGAR



Breakfast foods may contain natural sugar.

E.g. A glass of fruit juice with no added sugar still contains 5-6 teaspoons of natural sugar.

Always make sure you read the label to check the sugar content.

Aim for less than 15 grams of sugar per 100 mls.



SUGAR



Sugar can be 'hidden' in lots of foods.

Read the ingredients list on packaged foods to find other types of sugar.

Other ingredient names for sugar include:

sucrose, glucose, lactose, fructose, sorbitol, mannitol, corn syrup, honey, maltose, dried fruit, malt extract, molasses and golden syrup.



Sports Holiday Programmes

Rugby Holiday Programme: This is a great opportunity for your son or daughter to develop fundamental rugby, movement, and position specific skills in a safe and enjoyable environment, taken by experienced and knowledgeable players. Recovery swim at Brock Pool at the end of each day. Venue: St Peter's School Cambridge, SH 1. Years 5 & 6 Monday 17-18 July 9:00am-2:00pm and Years 7 & 8 - 19-20 July 9:00am-2:00pm. For bookings or more information: email Jordan Farrington jordanf@stpeters.school.nz

Olympic Football Holiday Programme: Cambridge East School, 12-14 July, 9 am-3 pm for children of all skill levels ages 5-13 years. All 3 days \$95 or \$35 per day. Limited spaces available. To register visit www.adamthomasfootball.com or for general enquiries email adamthomasfootball@gmail.com or phone Adam on 0274420774. Registrations close Wednesday, 5th July.

If you have had a sporting success or have competed in an event you would like to share in the next Sports Fuel, please send a photo with some information to Mrs Warwick at office@stpeterscatholic.school.nz