



Active Living Video

Healthy Eating: Packing a Healthy Lunch

Parent Take Home Package

Information and Resources

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Parent Take Home Package: Healthy Eating

This Package Contains

- Tips for Meal-time Routines
- Suggested Websites
- Suggested Books
- Song Book :Healthy Eating
- Easy Healthy Recipes
- Food Guide for Children
- Steps to Make a Healthy Lunch

Tips for Meal-time Routines

- ✓ Have planned meals and snacks
- ✓ Give a warning for when lunch time will begin
- ✓ Sing the *Hand Washing* song
- ✓ Do not rush the meal
- ✓ Try to eat together as a family
- ✓ Encourage the child to help make the meal (unwrap items, set the table, etc)
- ✓ Have the child help to pack their lunch
- ✓ Have the child help to unpack the empty lunch containers
- ✓ Serve small portions in child-sized dishes
- ✓ Encourage children to help themselves



Suggested Websites

Visit these sites for more information on
Healthy Eating for young children.

Act Now BC

www.actnowbc.ca

Click on “Healthy Eating” – topics include *Healthy Eating for Families*, *Bringing your family back to the table*, and *Healthy Snacks*.



Kid's Health

www.kidshealth.org/parent

Click on “Nutrition & Fitness” then “Nutrition & Weight” - many articles available in both print and audio.

Snacks for Toddlers

www.snacksfortoddlers.com

Lots of ideas: finger foods, smoothies, lunches, snacks for home and school, fast foods at home. Lots of easy recipes available.



LEAP BC

www.2010legaciesnow.com/leap_bc/

Downloadable material available - *Move Family Resource* and activity cards, and *Hop Family Resource* and activity cards.

Suggested Books

Tips for reading with young children:

- ✓ Talk about and label the pictures in the book
- ✓ Let your child identify the pictures
- ✓ Read age appropriate stories
- ✓ Arrange the setting - sit in a comfortable chair
- ✓ Make sure your child can see the book
- ✓ Talk about the book with your child afterwards
- ✓ Make reading part of your child's daily routine

The Very Hungry Caterpillar
by Eric Carle

The Doorbell Rang
by Pat Hutchins

Fast Food
by Saxton Freymann

Apple Picking Time
by Michele Benoit Slawson



****Visit your public library for more children books,
CDs and DVDs****

Song Book: Healthy Eating



Tips for singing with young children:

- ✓ Have fun – learn a song with your child
- ✓ Don't worry about the words, tune, beat – make up your own
- ✓ Sing in your native language
- ✓ Add a lot of actions to the song
- ✓ Repeat the song at least 3 times – helps the child learn the words and actions
- ✓ Dance, dance, dance – play, dance, and sing at home
- ✓ Visit the library and choose songs from different cultures

Chop, Chop, Choppy, Chop

Chop, chop, choppy, chop
Cut the bottom, then cut off the top
What we have left we will put in a pot
Chop, chop, choppy, chop

*(Clap hands while singing the song
to give a beat)*

Make a Circle

Make a circle, make a
circle
Make a circle like the sun,
Make a circle and we'll all

Hand Washing Song (Tune of Row, Row, Row Your Boat)

Wash, wash, wash your hands,
Wash them day and night.
Soap and water does the trick,
To keep them clean and bright!

Wash, wash, wash your hands,
Play our handy game.
Rub and scrub and scrub and rub,
Til germs go down the drain!



The More We Get Together

The more we get together, together, together
The more we get together the happier we'll be
'Cuz my friend are your friends
And your friends are my friends
The more we get together the happier we we'll be



Good-bye Song (Tune of Popeye the Sailor Man)

The morning has just flown by
I bet I can tell you why
Ever since it's begun
We've had so much fun
Now it's time to say good-bye
Good-bye (clap clap)
Goodbye (clap clap)
It's time to say good-bye

Open – Shut Them

Open, shut them
Open, shut them
Give a little clap, clap, clap

Open, shut them
Open, shut them
Put them in your lap, lap, lap

Wave them, wave them
Wave them, wave them
High up in the sky, sky, sky

Wave to me, I'll wave to you
Let's all say `bye bye`

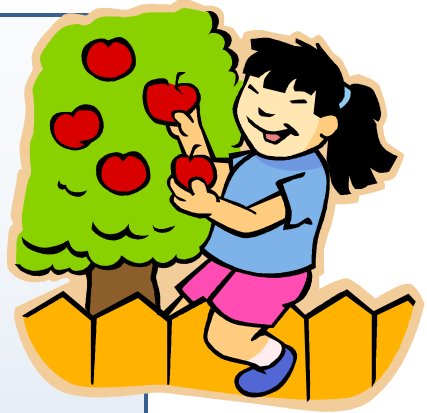
Other songs to sing with your child



Apple Tree Song

Down at the park there's
A great big tree
With lots of juicy apples
For you and me
Along came *(child's name)*
And did you see
(child's name) picked up
A *(colour)* apple and gave it to me

(Change to different colours and if more than one child, change the child's name so everyone has a turn)



Jelly in a Bowl

Jelly in the bowl
Jelly in the bowl
Wobble-wobble wobble wobble
Jelly in the bowl

What other food could be in the bowl?

Banana Warm Up

Bananas Unite *(stand tall)*
Bananas Split *(split legs - arms out to sides)*
Peel, peel, peel, bananas *(move body as if peeling a large banana)*
Slice, slice, slice, slice, bananas *(use hands in a chopping motion)*
Mush, mush, mush, mush, bananas *(use feet to mush bananas)*
Eat, eat, eat, eat bananas *(use chewing motion with mouth)*
Go, go, go, go bananas *(run on the spot)*

Easy Healthy Recipes

Apple Smiles

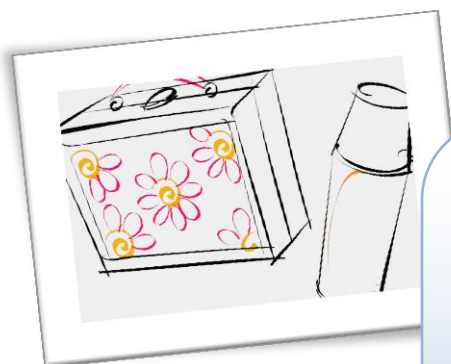
1 medium apple
Cinnamon
Brown sugar

Cut apple into pieces. Sprinkle with cinnamon and brown sugar.

Tip:

Keep Foods Simple

Simple and easy-to-eat foods interest young children. Packaging that children can open and food they can eat easily help them develop self confidence and independence when eating their meals.



Yogurt Cucumber Dip

250 ml plain yogurt
60 ml shredded cucumber
1 clove garlic – crushed
2 ml garlic powder

*Mix all together and chill.
Serve with cut vegetables
or pita bread.*



Tip:

Small Serving Sizes

When it comes to serving sizes, think small. Small children have small stomachs that can hold only small amounts of food. The amount of food needed daily will depend on many factors including how active your child is and how rapidly he/she is growing.

Tunasaurus Sandwich

1 slice whole wheat bread
60 ml tuna (or salmon)
Raisins

Spread tuna on bread. Use a dinosaur cookie cutter to cut dinosaur shape from bread. Place raisin as the eye.

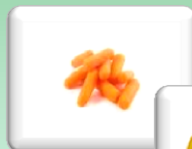
Food Guide for Children

Enjoy a variety of food from the **four food groups**. Appetites vary so let your child eat as much good food as wanted. Don't push or limit food.

Fruit & Vegetables:

4 or more servings per day

Example: bananas, oranges, peas, 100% juice, apples, bok choy, cauliflower, carrots, mangos, sweet potatoes, etc.



Bread & Cereal:

4 or more servings per day

Example: pancakes, muffins, rice, whole grains breads or buns, noodles, crackers, bagels, etc.



Meat, Fish & Alternates:

2 servings per day

Examples: chicken, fish, beef, pork, eggs, beans, tofu, hummus, etc.



Milk & Dairy:

3-4 servings per day

Examples: milk, cheese, yogurt, panir, khir, etc.



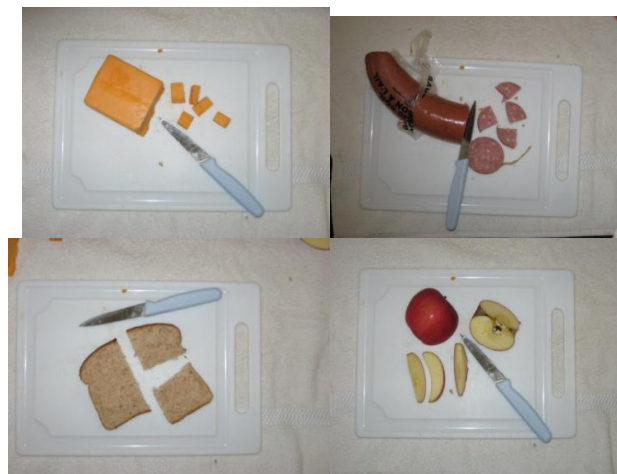
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Steps to make a Healthy Lunch



Put containers with food items in a lunch bag/kit/box/paper bag.

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Wash hands before preparing lunch. Wash the fruits and vegetables. Cut into bite size pieces.

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Here are some examples of healthy food that young children enjoy. Cheerio's, fish crackers, cheese, vegetables and fruit.

1



Now your child can enjoy their healthy lunch at school.

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Place lunch food in small containers. Containers should be easy for a small child to open on their own. Purchase plastic containers at the Dollar Store.

2



Beverage – Water, Milk & 100% Juice are an important part of a young child's diet.

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