

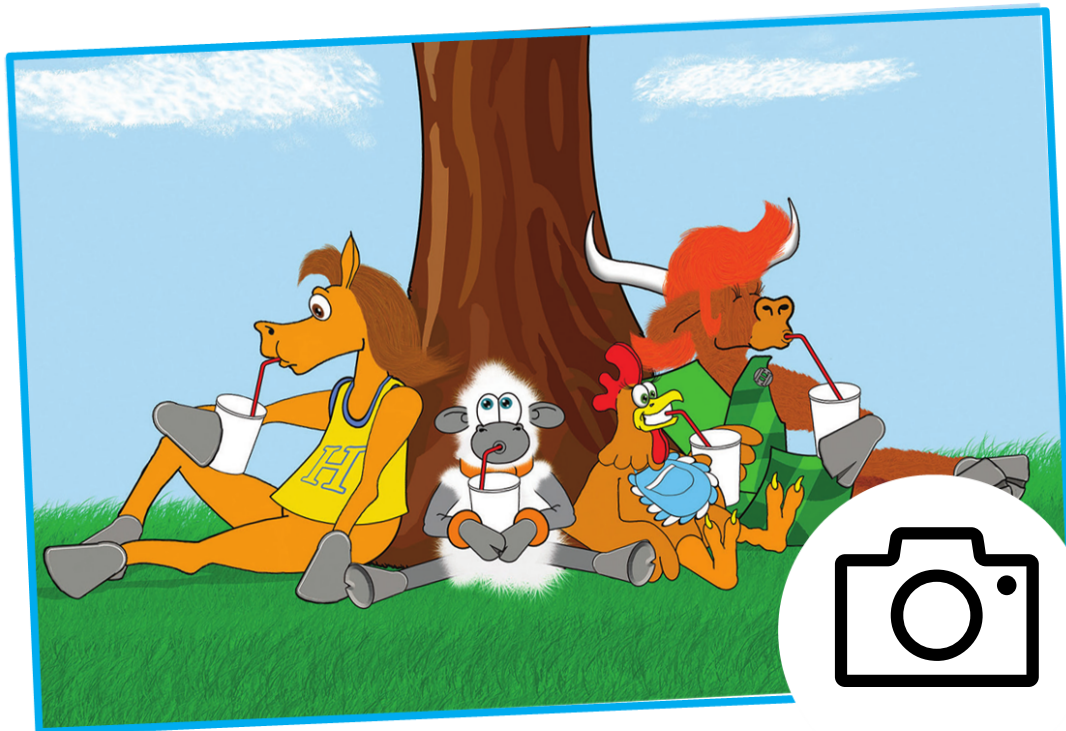


Be Active Together



Key Messages

- Physical activity, especially in the form of play, is important and should be encouraged during the first five years of life.
- Children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day.
- Physical activity includes all forms of activity:
 - Everyday activity/active living e.g. walking to nursery, walking to the shops, tidying up after playing, scooter to shops, bike to friends, gardening.
 - Active recreation e.g. walking, cycling, active play, dancing.
 - Sport e.g. dancing, swimming, gymnastics, football, rugby and cheerleading.
- All under fives should spend as little time as possible sitting (e.g. in front of a TV or computer) or restrained in a push chair for extended periods (except time spent sleeping).
- The body changes when it is being active e.g. 'huffing and puffing', heart beating fast, flushed cheeks, feeling sweaty, feeling hot.



Activity

We would love to see photos of your child being active, snap a photo and share it with us, children will be able to see what their friends are doing and get ideas for any new activities they may want to try.



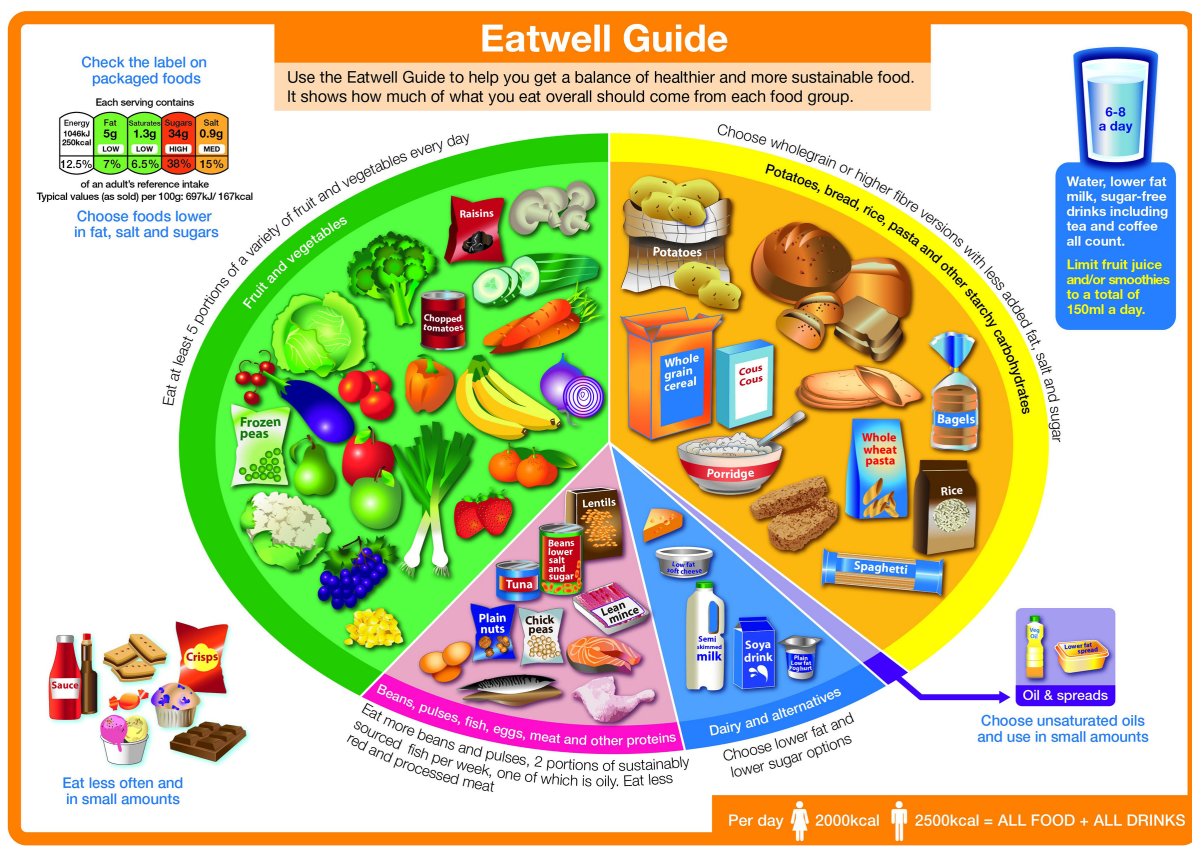
Eat well TOGETHER



The animals work together to gather food from the farm to make a delicious meal. The meal has key components from the eatwell guide, which they enjoy eating together. They also continue to practice for their Highland Games.

Key Messages

- The eatwell guide is a visual illustration of the food groups required to achieve a well balanced and healthy diet
- The eatwell guide is divided into 5 sections to represent different food groups
- The sizes of each section of the eatwell guide represents the average amount of food we need to have from each food group
- The importance of hydration, drink 6-8 glasses of fluid a day
- If consuming foods and drinks high in sugars, fat and salt have these less often in small amounts

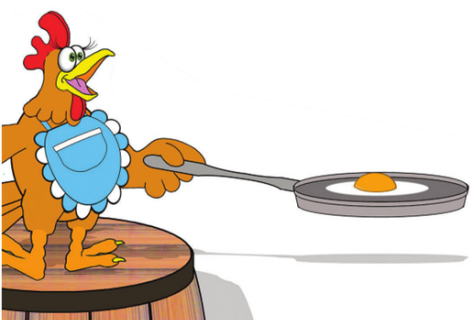
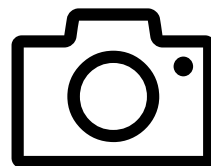


Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Activity

Do you enjoy a healthy snack? We would love to see your favourite fruit and vegetables, share a picture with us of your child enjoying something delicious.





Smile!

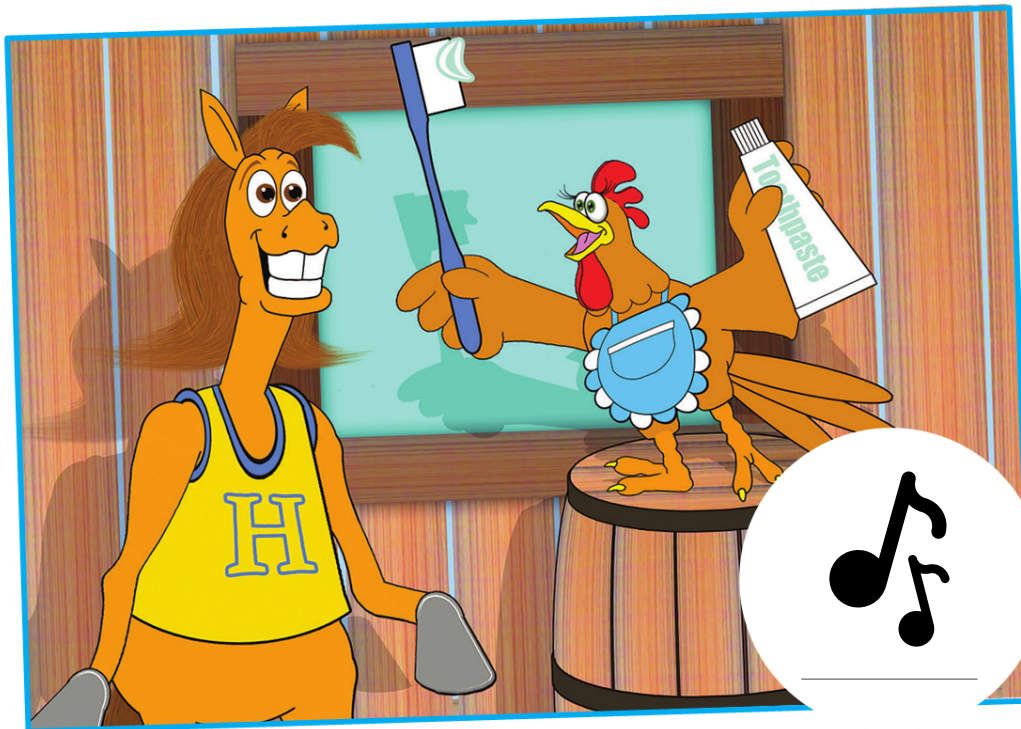


Hamish the Horse talks about how he loves brushing his teeth twice a day for two minutes at a time. He also teaches the other animals that they should drink fruit juice and other sugary drinks with a straw and with a meal. The animals continue practicing for the Highland Games, all brushing their teeth before bed.

Key Messages

To keep teeth healthy it is recommended to:

- Brush teeth twice a day for 2 minutes
- Brush in a circular motion with a pea sized amount of toothpaste
- Spit don't rinse after brushing teeth
- Replace toothbrush regularly
- Visit the Dentist for regular checkups
- Cut out or cut down intake of sugary/fizzy drinks (including diet varieties)
- Ensure fresh and diluting juices are well diluted (ratio of 1 part juice to 10 parts water)
- If having sugary drinks, limit them to mealtimes only and use a straw
- Drink milk as it is a good source of calcium for strong teeth and bones
- Milk and water are the only teeth friendly drinks
- Eat healthier snacks



Activity

Let's keep those smiles healthy and strong, why not try brushing along to this catchy song -

https://youtu.be/wCio_xVlgQ0

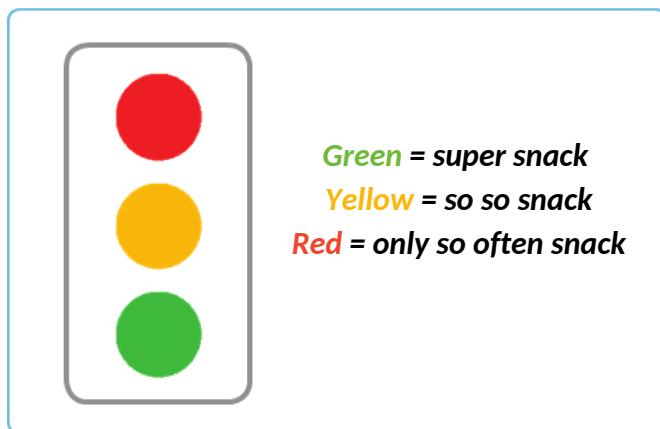


Feeling Peckish

Lewis the Lamb walks to the dentist after learning from Hamish the Horse about keeping his teeth clean and healthy. The other animals are active as they clean the barn. Lewis is hungry when he returns from his walk. The farm animals talk about what they can have for a snack. They each have a different snack and this gives them energy to be active.

Key Messages

- Ideally we should aim to have three meals (breakfast, lunch and evening meal) and two snacks (mid-morning and after school snack) per day, also known as 3 + 2. This stops us from getting too hungry in between meals and avoids us having too many small snacks during the day (grazing).
- Snacks work on a traffic light system:



Green: Super snacks

Choose these snacks most of the time. They are low in sugar and also low in fat.

- Fresh fruit e.g. apple, banana, oranges, plums, pears and peaches
- Raw vegetables, e.g. carrot, celery, cucumber, peppers, cherry tomatoes
- Bread, bread rolls, bread sticks, toast with low calorie spread, rice cakes
- Crackers, crisp bread, plain popcorn - Low fat and low sugar yoghurt
- Glass of semi-skimmed milk
- Plain cereal e.g. wheat biscuits, porridge

Yellow: So so snacks

These snacks can contain high amounts of fat and/or large amounts of sugar as well as salt. You can experiment with making healthier homemade versions of these snacks

- Seeds and fruit mix, Bombay mix
- Sandwiches, bagels
- Plain biscuits e.g. digestives, rich tea
- Plain or fruit scones, teacakes, crumpets, muffins and pancakes
- Snack size cheese portions e.g. soft cheese triangles, stringy cheese sticks
- Baked crisps, flavoured rice cakes, cheese dunkers, smoothies, fruit juice (but remember to use a straw)

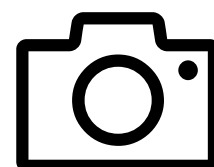
Red: Only so often snacks

These snacks contain large amounts of sugar and/or fat. Save these for the occasional treat

- Sweets e.g. jellies, pastilles, fruit gums, liquorice, chews, boiled sweets, mints
- Chocolate bars, chocolate eggs
- Chocolate covered biscuits
- Sweetened popcorn
- Cakes e.g. mini chocolate rolls, doughnuts, chocolate biscuits, fairy cakes, chocolate crispy cakes, flapjacks, gateaux, apple pies, jam tarts
- Crisps and other savoury snacks
- Ice cream, choc ices, ice lollies
- Fizzy drinks, sugar coated cereal
- Cereal bars can be a quick and easy snack, however, some cereal bars can contain a lot of fat and/or sugar. It is a good idea to look at the labels to find the best option.

Activity

1. Why not allow your child to prepare their own healthy snack, ask your child why they have chosen this snack and why it is good for them, feel free to share a picture with us.





Healthy Balance



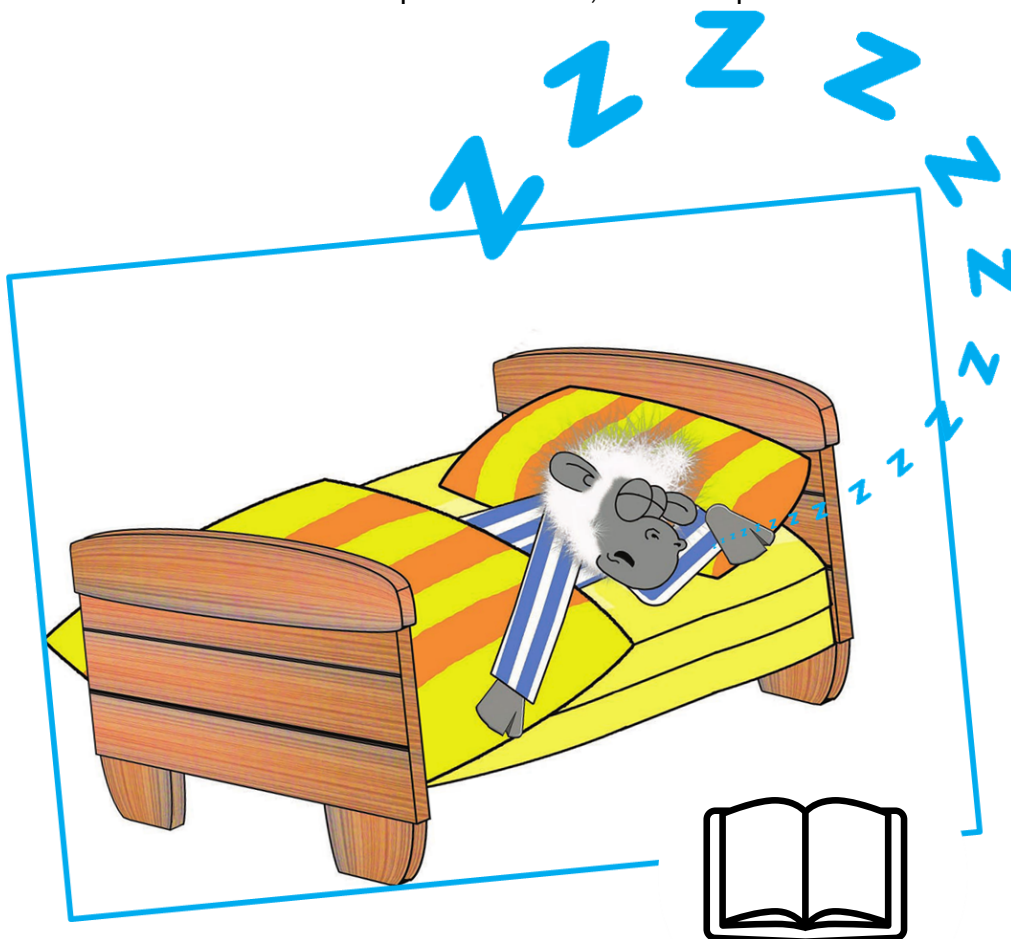
Hazel the Hen, Hamish the Horse and Heather the Highland Cow wake up early, have some breakfast and then go outside to practice for the Highland Games. Lewis the Lamb gets out of bed when he hears the other animals playing. Lewis soon gets tired because he did not have breakfast to give him energy to play. Lewis has a snack to give him some energy. The animals go to bed early so they can get up early for the Highland Games.

Key Messages

- It is important to have breakfast in the morning to set us up for the day ahead
- The body needs energy from food and drinks to work well and support play
- Children between the age of 3 and 6 years need about 12 hours of sleep each night

Some sleep tips include:

- Keeping a regular sleep plan
- Ensuring a relaxing bedtime pattern
- Ensuring a constant environment for sleep which is cool, dark and quiet

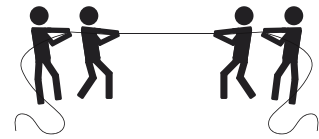


Activity

What things helps your child get a good night's sleep and wake up feeling refreshed on a morning, share your child's favourite bedtime routine.



Going to the Games



All the farm animals get out of bed, have breakfast and get ready to go to the Games. At the games they all take part in their chosen activity and the other animals cheer them on. After they have taken part, they sit down together to enjoy a lovely picnic in the shade. The animals all receive a medal for taking part in the games. They all go home happy.

Summary of the key messages

1. Children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day
2. It is recommended to have a selection of food from the main food groups of The Eatwell Guide to achieve a balanced and healthy diet.
3. Brushing teeth for 2 minutes twice a day, visiting the dentist regularly and reducing sugary food and drinks between meals all help towards keeping teeth healthy.
4. $3 + 2 =$ having three main meals (breakfast, lunch and evening meal) plus two healthy snacks (mid-morning and after school snack) per day. This is a simple rule to stop us from getting too hungry in between meals and avoids us having too many small snacks during the day (grazing).
5. Getting a good night's sleep can be achieved by keeping a regular routine with a constant environment (cool, dark and quiet).



Activity

Well done for taking part in Grow Well Choices, share with us your favourite ways to stay healthy and what your child has enjoyed the most, why not treat yourselves to a nice picnic.

