

Home Heroes Checklist

Healthy Eating

Healthy eating is about more than what we eat. How we eat is equally important. Use this Home Heroes Checklist to help your child adopt healthier eating habits.



Help your child complete the **Rethink Your Drink** activity (below). Too many sugary drinks lead to tooth decay and obesity. Stick your finished poster on the fridge as a reminder to enjoy fizzy pops and fruit juices as sometimes treats.

Hydration plays a vital part in healthy eating. If your child is a serious Snackosaurus Rex, ensure they're not dehydrated. Suggest a glass of water before offering snacks, particularly pre-teatime.



Location matters. Place healthy snacks in a visible place or within easy reach for your child. Alternatively, keep less healthy snacks out of sight and reach.

Adopt the S-S-S routine at mealtimes. Sit. Slow down. Savour. Distracted eating is careless eating. It's easier for children to make healthy choices when they're thinking clearly about where they are and what they're doing.



RETHINK YOUR DRINK!



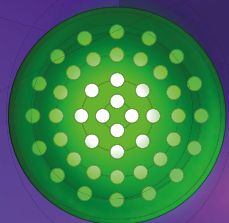
INSTRUCTIONS

STEP 1

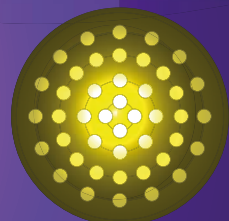
CUT OUT THE PICTURES OF THE DRINKS PROVIDED WITH YOUR ACTIVITY SHEET.

STEP 2

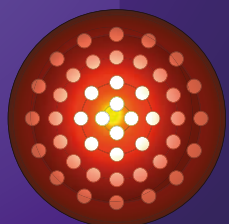
USE CRAFT GLUE, TAPE OR STICKY TACK TO PUT EACH DRINK IN THE CORRECT PLACE. IS IT HEALTHY OR UNHEALTHY? DOES IT CONTAIN LOTS OF SUGAR OR JUST A LITTLE?



DRINK OFTEN



**DRINK
OCCASIONALLY**



DRINK RARELY

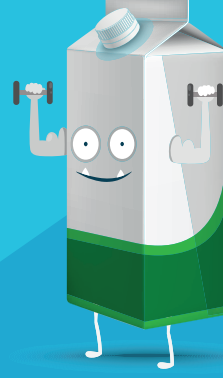
**IF YOU DON'T HAVE SAFETY
SCISSORS, ASK A GROWN UP TO HELP!**



WATER



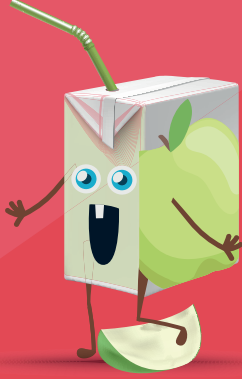
**SEMI SKIMMED
MILK**



**FRUIT INFUSED
WATER**



APPLE JUICE



**DIET FIZZY POP
(NO SUGAR)**



HOT CHOCOLATE



**FIZZY POP
(FULL SUGAR)**



ICED COFFEE



SPORTS DRINK

