

EAT HEALTHY KIDS



Chapter 1 – Recess

It's time for recess and the kids are out to play. Some are on the swings, some are on the slides and some are racing. Everyone was enjoying the sun except Amber.

“Amber ? Amber ?, Its recess and you're sleeping. Are you okay ?”

“Yes, I'm just tired Ms. Jones. ”

“Well, You need to sleep at night because you won't be able to focus in the classroom. Do I have to call your mom and let her know ?”

“No Ms. Jones , I promise it won't happen again.”

In The Classroom

In the classroom the next day, Ms. Jones notices that Amber was not paying attention to the lesson. She had her head on the desk and had no energy.

“Amber ? You dont look like you’re well. I will be calling your mother to pick you up.”



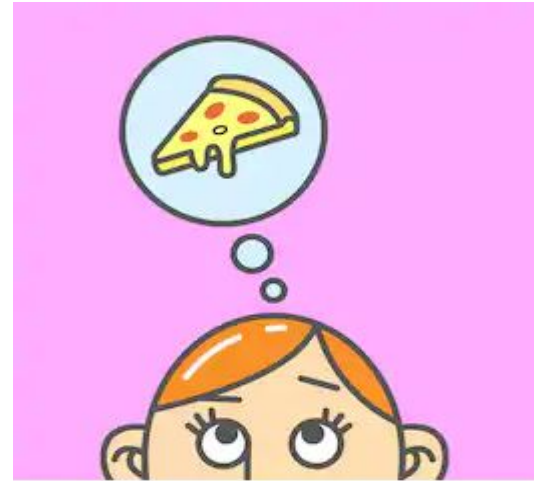
At Home

Amber Mom picks up her from school and takes her home.

“What do you want for dinner Amber ?” saids her Mom

“Pizza”

While ordering the Pizza, she notices Amber rest her head with a tired look in her face.



A Change In Diet

It was clear to Amber's mom that some dietary changes were necessary.

Going forward, she made sure that Amber had fruits and vegetables packed with her lunch everyday. Amber ate more high-protein foods at home such as meat, fish, and milk.



Back at School

Amber was more active on the playground and less tired in class. She didn't come home tired anymore from unhealthy eating habits.

With more energy from a more nutritious diet, Amber was finally able to enjoy being outside with her friends and be fully focused in class.



Why Should You Eat Healthy ?

Good nutrition is essential during childhood, as it is a time of rapid growth, development and activity

Healthful eating has many benefits for children. It can:

- Stabilize their energy.
- Improve their minds.
- Even out their moods.
- Help them maintain a healthy weight.
- Help prevent mental health conditions. These include depression, anxiety, and ADHD.

Plus, having a healthy diet and focusing on nutrition are some of the simplest and most important ways to prevent the onset of disease. Healthy eating can help prevent many chronic diseases. These include obesity, heart disease, high blood pressure, and type 2 diabetes. Around half of all Americans have one or more of these illnesses.

What Are Considered Healthy Foods ?

A healthy diet balances all of the major food groups: proteins, grains, vegetables, fruits, and dairy.

Meat, fish, beans, and nuts are all good sources of protein.

Grains include breads, pastas, rice, noodles, and other related foods.

Dairy can be a good source of protein and vitamins.

Fruits and Vegetables are packed with vitamins, minerals, fiber, and healthy fats.



The Result of Unhealthy Eating

Unhealthy eating can have both minor and serious consequences over time. Unhealthy eaters typically notice minor symptoms early on such as tiredness and stress.

Over time, unhealthy eating can result in more serious conditions such as high blood pressure, high cholesterol, diabetes, and tooth decay.



Healthy Foods 7+ Year Olds Can Eat

Example of a day's menu

Breakfast: Breakfast cereal with milk, glass fruit juice or 2 slices toast with spread
Mid-morning snack: Portion fruit/chopped fruit salad pieces

Lunch: Wholemeal bread sandwich with ham and salad, yogurt, fruit,

Mid-afternoon snack: Piece of malt loaf or crumpet

Evening meal: Family meal e.g. spaghetti bolognese or roast dinner,
with sugar free jelly or low sugar custard and fruit

Bedtime snack: Plain biscuit and glass of milk or water



References

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