

6-12
YEARS
OF AGE

HEALTHY EATING HABITS AND EXERCISE

WHAT IS YOUR FAVOURITE MEAL?

WHAT IS YOUR FAVOURITE ACTIVITY?



Have you wondered
what makes it your
favourite meal
and your favourite
activity?

HEALTHY EATING HABITS

MEALS DURING THE DAY

Start the day with breakfast and you will have more energy for the school day ahead. If you find it difficult to eat straightaway in the morning, take something to eat during the break, e.g. a sandwich and a piece of fruit. Most people benefit from eating regularly. This means breakfast, lunch, dinner and 2-3 snacks. It makes it easier to eat just the right amount, and gives the teeth a rest between meals.

If you put away your phone or tablet and relax while you eat, you will experience more taste and have time to talk and have fun with family and friends. You will be able to feel when you are just full enough. It is easy to eat and drink more than the body needs if you eat and drink at the same time as focusing on your phone, tablet, computer or TV.

DRINKS

Water is the best drink when you are thirsty and as a drink to accompany meals. Milk or oat-based drinks can be used as a drink with meals, and a couple of glasses a day is just right. These contains the calcium for a strong skeleton and strong teeth. Cordial and fizzy drinks contain a lot of sugar, and it is easy to drink too much as sweet drinks do not make you feel full.

FRUIT, BERRIES AND VEGETABLES

Eat some vegetables with each meal. By all means mix vegetables of different colours. The colours contain vitamins, minerals and antioxidants. Be bold and try new vegetables and fruits. Some tastes you will like immediately, while others need to be tried several times before they become a favourite. Fruit is easy to carry with you and is a good snack. Two or three pieces of fruit a day is just about right.



BREAD, PASTA AND GRAIN

It is good to choose wholegrain bread and pasta products, but it need not be bread containing the entire grain. The grain may be ground and have a flat consistency. If you compare white flour with wholegrain flour, wholegrain flour contains more vitamins, minerals and fibre and makes you feel full for longer. Examples of foods that are more or less 100% wholegrain are rolled oats, muesli base and crispbread.

JUST THE RIGHT PORTION SIZE

If you use the 'plate of food model' at lunch and dinner, using your hands to measure, it will be easier to eat just the right amount of food and with a good nutritional composition.



Various foods contain different nutrients that the body requires. This is why variety is good: some vegetables, some potato/rice/pasta/bulgur wheat and some fowl/fish/vegetable protein/meat. What does your plate of food model look like?

WEEKDAYS, COSY FRIDAYS IN AND SWEETS ON SATURDAY

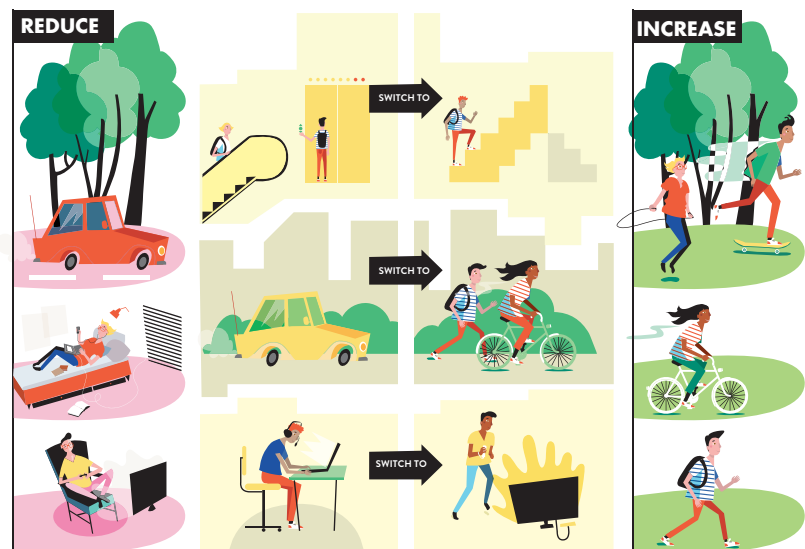
It is good to distinguish between weekdays and weekends. A good rule is to eat sweets and crisps/snacks one day a week. If you are planning to eat sweets or crisps, do not drink any sugary fizzy drinks or cordial on that day.

FOOD, ENVIRONMENT AND CLIMATE

Healthy eating habits and exercise are also good for the health of the planet. Something that everyone can do and that makes a difference is not to serve more food than you can eat.

EXERCISE AND SITTING STILL

If you exercise and are active during the day, you will feel more alert, stronger and faster. You may also notice that it is easier to concentrate at school. Physical activity also enables you to sleep better. All forms of exercise are good! This includes playing and everyday activities such as walking, cycling, running, climbing, as well as school sports and training in your leisure time. Just do what you think is fun. It is good for your body if you are active for at least one hour a day (not necessarily one hour all at once) and if these activities really raise your pulse rate a few times a week.



FOR PARENTS

As a parent, you are the child's main role model, and the child will mimic your good, and your less good, habits. If you have healthy eating habits and limit the time you spend sitting still, your child will mimic this. Eating together means the meal is more about just eating; it is important for fellowship and well-being. As an adult, you decide and are responsible for the food and drink served at home.