

Healthy eating 5–8 years

Centre for Community Child Health

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You can help your child to make the best choice when it comes to school lunches and set them up for a lifetime of healthy eating habits.

Help your child learn about healthy eating:

- Eat foods from the five food groups every day, especially the first three:
 1. Vegetables
 2. Fruit
 3. Grain foods—mostly wholegrain
 4. Milk, yoghurt, cheese and/or alternatives
 5. Lean meats and poultry, fish, eggs, tofu, nuts, seeds and legumes.
- Grow food together in a veggie patch or herbs in a windowsill box. No space? Join a community garden.
- Prepare food together—the **Dietitians Association of Australia** has yummy, healthy recipes: www.daa.asn.au/for-the-public/smart-eating-for-you/recipes.
- Find your closest farmers' market and chat with experts about where food comes from: www.farmersmarkets.org.au.

Making healthy food choices

Encouraging your child to make healthy food choices when it comes to their school lunchbox can be the first step on the path to learning to make the best food choices for life.

A 'traffic light' system can be a great aid for packing your child's lunchbox.

Things your child can have every day can be stored in a **green** container:

- low-fat milk drinks, wholegrain breads and cereals, fruits, veggies and lean meats.

In a **yellow** container go things that your child can have sometimes:

- baked snack biscuits, full fat milk drinks, processed and cured meats.

Finally, a **red** container can be for occasional treats:

- lollies, cakes, deep-fried foods.

Traffic lights give simple guidance for you and your child about always, sometimes and occasional foods—and help kids to make informed choices about what goes in their lunchbox.

More information

You will find more helpful information on **Raising Children Network**, www.raisingchildren.net.au and **Australian Dietary Guidelines**, www.eatforhealth.gov.au.

If more help is needed please consult your family doctor or an **Accredited Practising Dietitian**, www.daa.asn.au.

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