



Nutrition

NEWSLETTER

JANUARY 2024

WHY IS HEALTHY EATING IMPORTANT?

Eating a healthy, balanced diet is important to maintaining good health. This means eating a wide variety of foods, in the right proportions, to maintain a healthy body weight.

The NHS Eatwell Guide is based on the 5 food groups and shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. Find out more [here!](#)



Did you know?

Peppers, kiwis, broccoli, kale, strawberries and pineapple all contain MORE vitamin C than oranges!! Vitamin C helps to protect cells & keep them healthy. It also helps to maintain good skin, blood vessels, bones and cartilage and helps to heal wounds.

change
4 life
Eat well Move more Live longer

ENCOURAGING HEALTHY EATING HABITS

Be a role model Children tend to imitate, if they see you eating a wide range of healthy foods, they are more likely to try a variety of foods. Eating as a family also helps to encourage healthy habits.

Healthy snacks Have healthy snacks available between meals, such as fruit, vegetable sticks or rice cakes. **Change4Life** have lots of healthy snack ideas, find out more [here!](#)

Get children involved Research has shown that allowing children to get involved with food preparation and cooking encourages them to eat a wider variety of healthy meals. Check out some delicious and healthy family meals to make together [here!](#)

STAY HYDRATED

Children aged 4-13 should aim to drink between 6-8 glasses of water every day. Water helps to keep joints healthy, is great for teeth and helps circulate blood flow. Staying hydrated helps with concentration and focus. Not drinking enough water can result in dehydration. This can cause dry mouth, headaches, tiredness and dizziness. **Source: NHS**



HAPPY NEW YEAR!

2024

SET A NEW YEAR GOAL!

New year goals can help keep children and young people stay focused and motivated throughout the year. Sit down with your child and look at setting out 1 more new years goal. Ensure ideas are realistic and appropriate for their age. Netmums have some great ideas, check them out **here!**



January is a great time to try a new sport! Joining a team or trying out a new physical activity gives children the opportunity to meet new friends, develop their confidence, learn how to play by the rules, stay focused, be consistent, and work hard towards their goals. It also gives them a taste of competition and teaches them that there's always room for improvement.

CLICK [HERE](#) TO FIND LOCAL SPORTS CLUBS IN YOUR AREA!



CLICK TO FIND OUT MORE!



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