WHY IS GOOD NUTRITION IMPORTANT?
Good food provides essential nutrients to help kids:
• grow and develop
• learn at school
• feel energetic and happy
• have healthy eyes, skin, hair and teeth
• stay healthy and avoid getting sick
• avoid diseases like diabetes when they get older

WHAT SORT OF FOODS SHOULD KIDS EAT?
• Plenty of colourful fruit and vegetables.
• Plenty of wholegrain or wholemeal bread, cereal, rice and pasta.
• Lean meat, chicken, fish or meat alternatives like eggs or baked beans.
• Milk, yoghurt or cheese – reduced fat varieties are recommended for children over 2 years.
• Foods high in fat, sugar and salt like chips, chocolate and lollies should only be eaten on special occasions and not every day.
• For healthy bodies and teeth, kids should drink water or reduced fat milk instead of sweet drinks like fruit juice, soft drink and cordial.
WE WHY IS PHYSICAL ACTIVITY IMPORTANT?

Being active is important for your child’s health and development. Active kids have:
• higher fitness levels
• healthier body weight
• better coordination and motor skills
• more confidence and self-esteem
• a better chance of doing well at school.

Be a role model for your kids by being active yourself as well. Try to do some activities together as a family.

WHAT SORT OF ACTIVITY AND HOW MUCH?

Kids need at least 60 minutes of physical activity every day!
• Encourage kids to play actively inside and outside every day.
• Try simple, fun activities such as dancing to music, playing games or visiting a playground or park.
• Instead of driving your kids to and from school, try walking with them.
• Encourage older kids to ride their bikes to school or on other short trips.
• Encourage kids to do something active instead of watching TV, DVDs and playing computer games.
• Time in front of the TV or computer should be limited to:
  • no more than 2 hours per day for kids aged 5-12 years
  • no more than 1 hour per day for kids under 5 years
  • none at all for kids under 2 years.

For more information visit www.vaccho.org.au/nutrition