

## Healthy food



**Remember not to add extra sugar or salt to meals.**



**Let your child help to prepare their snacks and meals.**

**Children are more likely to eat a meal if they have helped to make it.**



**There are lots of yummy healthy food swaps for mealtimes and snacks – scan the QR code for ideas.**



Scan the QR code for further information and ideas



**If your child doesn't like wholegrain bread – why not try making a sandwich from one slice of white bread and one slice of brown bread.**



**Let your child choose what healthy foods to put in their packed lunch.**

**Give them a choice of two, such as, "Would you like a banana or an apple?"**

