

Water

Water is essential for children to ensure good levels of concentration and memory during the school day. Encourage water as a drink when your child is thirsty instead of juice as these tend to be high in sugar and sweeteners. Getting your children involved in the preparation and cooking process is also a great way of encouraging them to try new food.



Produced by Cloughoge Primary
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Ag foghlaim's ag fás le grá
Learning and growing with love

Healthy Breaks Cloughoge P.S



Benefits of Eating Healthy



- **Healthy eating can improve your child's concentration and energy levels**
- **Improves your overall health**
- **The nutrients in vegetables are vital for health and maintenance of your body**
- **A healthy diet and regular physical activity can sharpen the mind and improve mood allowing children to reach their full potential both in and outside of school**

SUGGESTED WAYS OF GETTING YOUR 5 A DAY

Breakfast: 1 portion e.g. sliced banana, handful blueberries or carrot sticks.

Home from school snack: fruit salad with yogurt, fruit or vegetable juice/smoothie or small salad box.

Dinner: 2 portions of vegetables

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Morning Breaks

You may choose from this list- apple, banana, grapes, strawberries, carrot sticks, plums, sliced cucumber, tomatoes or a salad box and have with milk or water

Fruit and Vegetables



Fruit and vegetables contain essential vitamins and minerals important for the health, growth and development of children. Fruit and vegetables are also rich in immune boosting goodness and fibre which can help maintain a healthy digestive system. Making fruit and vegetables an every day part of your family diet is the easiest way to ensure that children are eating their five a day. Aiming for a wide variety of both will ensure that your child is getting essential nutrients to maintain good health. Try to aim for 2 portions of fruit and 3 portions of vegetables each day for a healthy balance. The following is a sensible guide for reaching that 5 a day target.