

KIDZ BODZ PARENT SESSION

Getting you ready for your part of the healthy eating challenge

Week 1 – Breakfast for bounce

Eating a Healthy Breakfast is required for energy and concentration and to kick start your metabolism for the day! It can lead to more energy to help concentration, alertness and development. Despite the healthful benefits, breakfast is the meal that is most often neglected or skipped

Does your child eat breakfast every morning?
Do you eat breakfast with your children?

Parents need to be good role models. If your children see you eating they will be more inclined to make these choices for themselves

Some Healthy Breakfast Ideas are;

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Week 2 - Physical Activity

Being physically active helps keep you looking healthy and feeling great.

Children require at least 60 mins of activity everyday.

Make P.A fun rather than a chore.

Not all exercise needs to be planned incidental exercise can contribute to a healthy lifestyle. (Try wearing a pedometer for a week and see if you can average 10,000 steps per day)



Week 3 - Eat Seafood twice a week for brain power

Seafood is very high in omega 3 fatty acids. Eating seafood twice a week increases blood flow leading to more circulation to the brain, improving brain growth and development.

Eight out of 10 Australian parents are concerned about their children's eating habits.

Who thinks that their child is a fussy eater?
What are some things parents do to introduce foods to fussy eaters?



If you introduce a new food to a child twelve times (at least trying to have a mouthful) by the twelfth time studies show fussy eaters will not complain

Week 4 – Amazing Grazing

Provide a container of vegies to school every day and snack on them throughout the day. Healthy snacks throughout the day are an important part of a child's daily food intake. Children need to eat every few hours to keep up their energy levels and to ensure they have adequate nutrients to learn, play and grow

Snacking increases your metabolism by 20% every time you eat. Never go too long without eating.

Who skips meals?

The easiest way to make sure that children choose healthier snacks is to provide them with plenty of choice – offer a range of snack options of varying colours, textures and flavours. The more colour on your plate the more nutrients your children are receiving. Try to aim to have at least 5 different colours on your plate.

Some snack ideas include

- 2 Vita wheats with cheese and sliced tomato
- 1 Sushi handroll
- Nuts or seeds
- Yoghurt
- 1 pc raisin toast
- Fruit Salad (1 Cup)
- Frozen Fruit ice Blocks
- Fruit smoothie
- Cut up vegies
- Peanut butter on a celery stick
- Soup
- Veggie Kebab

Week 5 - Drink 6-8 glasses of water everyday

If you're children are thirsty, offer them water. Water is the recommended fluid to satisfy thirst. Never wait until you are thirsty. By then it is too late. You are already dehydrated.

Carry water bottle around with you. It acts as a constant reminder to consume water. Taking small sips ensures that your body holds onto its water.

Week 6 - Look closely at food labels

Food labels can be very confusing not to mention misleading. I never recommend people spending days in a supermarkets looking at every food label. We should be weary of sugar, fat, salt and food ingredients in these extra foods NOT NG ELSE.

Week 7 – Food for Energy

Carbohydrates are our bodies preferred source of energy. There are two types of carbohydrates.

1. Simple Carbohydrates are already in their simple sugar state and can release energy instantly providing only short bursts of energy that leaves a person feeling tired and hungry again very quickly. Examples include; highly processed foods such as white bread, biscuits, cakes, lollies. GO GO SLOW! Foods
2. Complex Carbohydrates release energy slowly over a long period of time resulting in longer lasting energy. Examples include fresh fruit and vegetables, wholegrain cereals. GO GO GO! Foods

Week 8 - Go for 2&5 Everyday

Recent research shows that most people would benefit from increasing their fruit and vegetable intake.



How many serves of vegetable we should have daily?

It is important to eat a variety of fruit and vegetables every day. Include raw and cooked, and many different colours.

Suggestions on how to get children to eat their fruit & vegetables:

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Week 9 - Junk Food Free

Junk food is not to be known as a bad thing. We give the kids the education to choose healthy foods because they provide a lot more energy.

What are some of your child's favorite junk foods?	Healthier Alternatives

FOR MORE INFORMATION OR TO ARRANGE A NUTRITIONAL PLEASE CONTACT ADAM SACKS OUR QUALIFIED NUTRITIONIST ON 0419 871 898 or adam@kidzbodz.com.au