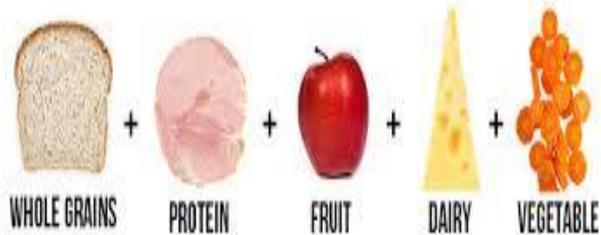




Fizzy drinks are not tooth-friendly. These drinks contain carbonate, which wears away the enamel covering of the tooth

PACKING YOUR KID'S SCHOOL LUNCH

Each lunch you pack should include foods from each of the food groups.

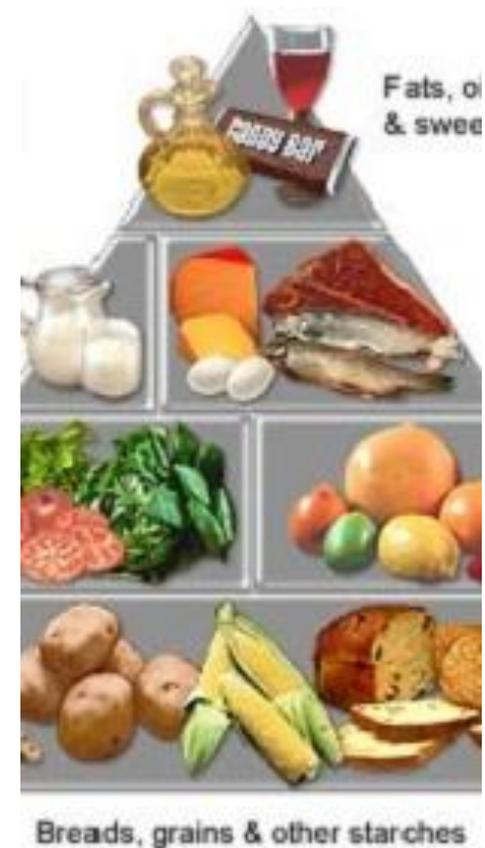


Healthy lunches and snacks are important for active children. It is important to offer healthy lunch box choices. Tips include fresh fruit, crunchy vegetables and a combination of protein, dairy and carbohydrate foods. Children who help choose and prepare their own lunch are more likely to eat it.

Harmful sugars hidden in foods and drinks are not that easy to identify. If you look at ingredient labels you might be surprised that products saying 'no artificial additives', 'low fat' or 'healthy' may contain a large amount of added sugar

*Owen Petticrew 6 th Class
St Marys Primary School
Mullingar*

Nutrition Tips For Kids





Oral Health

Sometimes people wonder whether there is a need to look after a child's first teeth since they fall out anyway. However, we all want healthy looking teeth as adults and that starts with having healthy teeth as children.

Dental caries is caused by the action of acids on the enamel surface. The acid is produced when sugars (mainly sucrose) in foods or drinks react with bacteria present in the dental biofilm (plaque) on the tooth surface. The acid produced leads to a loss of calcium and phosphate from the enamel; this process is called demineralisation.

Food Dudes

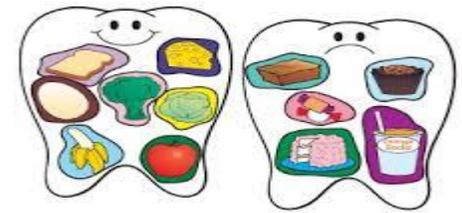
Many schools now focus on health promotion .Fruit and Veg was given out to the children with rewards given each day ,it is a fantastic home – school interactive tool .



Diet Advice

- Keep fizzy drinks to a minimum and if they must it is advised to use a straw.
- Avoid snacking in between meals.
- Check the sugar content of foods and drinks.

Drink Water



General Advice

- Eat Wisely
- Count your food
- Try new Ideas
- Exercise
- Stay Healthy
- Be Happy