

We're up for a challenge!

Name _____

Age _____



Start everyone's day with a portion of fruit at breakfast time. Aim to eat a rainbow over the week!



Put on your aprons and prepare and enjoy a meal together one night.



Swap juice, squash, flavoured and fizzy drinks for water or low fat milk at least 3 days during the week.



Walk, scoot or cycle to nursery at least once more than you usually would during the week.



Go out to the garden, park or woods and make a mud pie, build a den or climb a tree together.



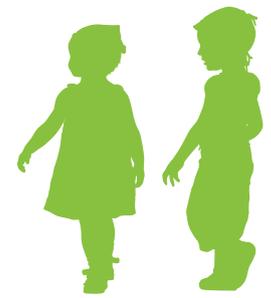
Build an obstacle course, play keepy uppy or musical statues indoors together one day during the week.



Switch off the TV, read an extra story or play a game together one night during the week.



Why are all of these important?



- Challenge 1** We all know we should eat 5+ portions of fruit and vegetables a day but sometimes doing so is hard. Having a fruit bowl on the breakfast table or adding some sliced banana or some berries to breakfast cereal will get the day off to a good start! Each different coloured fruit and vegetable offers us different vitamins and minerals.
www.nhs.uk/Change4Life/Pages/five-a-day.aspx
- Challenge 2** Cooking a meal together is a great family activity and encourages good eating habits. Involving children in preparing food is one of the best ways to expose them to a variety of foods and make them more familiar. Even the youngest children can help shop, wash, chop, mix and measure. Choose from a variety of dishes:
www.nhs.uk/Change4Life/Pages/meal-planner-recipe-finder.aspx
- Challenge 3** Eating too much sugar can be easy to do. Many children are consuming too much simply because it sneaks into things you least expect, particularly drinks. Cutting back on flavoured drinks and encouraging more water and milk will reduce the amount of sugar consumed.
www.nhs.uk/change4life/Pages/low-sugar-healthy-snacks.aspx
- Challenge 4** Encouraging children to start the day in an active way will help their physical development as well as their emotional health and wellbeing. You'll also reduce traffic and pollution on your local roads and get the opportunity to teach some simple road safety skills whilst you're out and about.
www.sustrans.org.uk/change-your-travel/children-and-families
- Challenge 5** Playing outside with others encourages social skills, cooperation and problem solving skills. Being outdoors offers children opportunities for creative and unstructured play whilst enjoying and exploring the natural environment.
www.playengland.org.uk/
- Challenge 6** Even if the weather is bad or time is short, finding ways to get children moving more and letting off steam can be easier than you think indoors.
- Challenge 7** Finding time for quiet games and activities will help teach your children lifelong skills in managing stress, relaxing and taking time out.

