### Basics for Healthy Kids

#### Be Smarter
- Breakfast every day
- Eat 5+ a day
- Sleep 10-12 hours
- Match servings to hand size
- Activity 60 minutes daily
- Reduce sugary drinks
- Takeaways less than once a week
- Eat together as a family
- Reduce screen time < 2 hours

#### Goal Sheet

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<th>Goal</th>
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**Tick your goals here:**

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**Today you were seen by:**

<table>
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<tr>
<th>Week 1</th>
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**bodywise@waikatodhb.health.nz**
Here are some ways to be smarter

**Breakfast every day**

**Essential fuel for the body to start the day alert and ready to learn**
- Choose a cereal with preferably less than 15 grams sugar per 100 grams, Weetbix or porridge are great choices
- Chop up some fruit and top with yoghurt
- Eat wholemeal toast or one with grainy bits that you can see. Fibre keeps you fuller for longer
- Find a buddy to eat breakfast with
- Stop eating/snacking after dinner so you wake up ready to eat healthy food
- Eat together as a family more often

**Vegetables and fruit are essential for vitamins that we need everyday**
- Aim for at least 3 handfuls of colourful vegetables every day
- Eat a piece of fruit at breakfast and also pop one in the lunchbox
- Cut up fruit or carrot sticks for after school
- Thread bite size pieces of fruit onto a kebab stick
- Have a dip with raw carrots, broccoli, cauliflower pieces
- Add baby spinach and other greens to pizzas, mince and pasta dishes or make a hearty soup

**Meat**
- Join a club together, karate, squash, badminton, waka ama
- Do something active as a family in the weekend. Go for a walk around the lake or play at the playground
- Have a family game of soccer or softball
- Park further from the school or shops
- If the journey is less than 2km leave the car at home
- Plan ahead for next season sports
- Keep a bag of active equipment handy for outings or when visiting friends/whanau
- Activity can be broken into 10-15 min ‘chunks’

**Activity 60 minutes daily**

**It's good being together**
- Sit around a table (or together) for meals
- Decide on a time that will work best for everyone
- Consider after school/work activities
- Turn off the TV and phones
- Cook 1 meal to serve to everyone (no multi meal cooking)
- Eat together for good communication within families
- Remove the bread from the table
- Add a jug of water and a platter of raw vegetables

**Leek 10-12 hours**

**Getting plenty of sleep helps with weight management, feeling good and learning**
- Decide on a suitable bedtime to allow enough hours of sleep
- Have a regular bedtime routine
- Create a quiet space for sleep without distractions
- Remove electronics from the bedroom (tv, playstation, computers & phones)
- Aim for a gap between eating and bedtime. Two hours is best
- Plenty of physical activity during the day helps kids with sleep

**Watch age appropriate portions**

- Use child’s hand to guide portion sizes: palm = protein (meat/meat alternatives), fist = carbohydrate (potato/kumara/pasta/rice) and 2 cupped handfuls of colourful vegetables
- Try the ¼, ½, ½ rule when serving the dinner meal (i.e. ¼ plate potato or rice or pasta (carbohydrate), ½ plate meat or meat alternatives (protein), ½ plate colourful vegetables)
- If including bread in the dinner meal, reduce the other carbohydrate choice
- Choose smaller bowls and dinner plates if necessary

**Match servings to hand size**

**Food not prepared at home**
- Eat less than once per week
- Takeaways include bakery type lunches such as pies/slices/savouries
- Talk with the family about what home-cooked meals are liked the most
- Plan a dinner menu
- Write a list for the food shopping
- Share the cooking duties
- Plan home-made lunch combos with the children
- Stick your combos menu on the fridge
- Keep to regular servings, avoid up sizing

**Entice sugary drinks**

**Not for every day**
- Take cordial, fizzy drink and sugary drink sachets off the shopping list
- Offer cold water from the fridge often
- Let friends know that your family are cutting back on drinks that are high in sugar and also caffeine
- Buy a new water bottle to keep water tasting fresh
- Flavour water with lemon or berries or mint
- Pack your own cold water when you go out
- Powdered chocolate drinks usually contain sugar and are not recommended as an everyday drink

**Educate screen time**

**Encourage the kids to be up and active**
- Limit screen time to less than 2 hours a day
- Screen time includes: television, computer, game consoles, phones, i-pods etc
- Replace screen time with active time
- Plan screen time in advance. Talk about how much and when
- For every 30 min of screen time take a 10 min activity break
- Make the bedroom a screen free zone. This is a great way on monitoring what the kids are doing