Lewisham Children and Family Centres @home
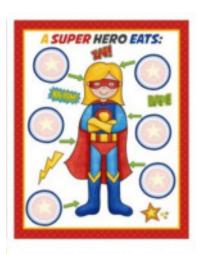www.lewishamcfc.org.uk

Let's make a Super Hero Healthy Food Plate Together

We all want our children to embrace a healthy lifestyle, but as a parent we know it can be challenging to get children to eat the right foods or make the right choices, but with this simple fun activity you can do to help your child to make healthy food choices, as they choose which foods to put onto their plate.

After making their plate, you can play with your child, as they choose which foods to put onto their plate to make it a healthy balanced plate fit for their favorite "Superhero"

You can use The Balanced Plate chart (see next page) to show your child what foods make their superhero strong and healthy.

SEE NEXT PAGE FOR ACTIVITY IDEA

A SUPER HERO EATS:

SUPER HEROES EAT SUPER HEALTHY FOODS

All staff in Lewisham Children and Family Centres have been trained in **HENRY** which is a program to support healthy eating for parents with children under 5 years.
The **HENRY** website for parents is full of easy recipes for a healthy balances diet, with tips on eating well for less for less www.henry.org.uk/tips/eatingwellforless

And here is a range of other websites with more information and recipes
www.nhs.uk/change4life/recipes

www.henry.org.uk/homepage/resources/healthy-recipes

www.asdagoodliving.co.uk/food/amazing-meals-made-from-store-cupboard-staples

https://cookingonabootstrap.com/category/recipes-food/

www.jamieoliver.com/recipes/category/books/keep-cooking-and-carry-on/

To encourage your child to make healthy food choices, download a chart from the internet, like the one above, by searching "Super Hero food chart" there are lots that your child can choose from.

Stay & Play
activities to try @home

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To make your Healthy Balanced Plate you will need the following materials:

- Paper or card (food packaging boxes work well)
- Pens or pencils
- Scissors
- Magazines (optional)

How to make a simple food plate:

- Place a small plate onto your paper or card and draw around it.
- Cut out your plate
- Allow your child choose which foods they want on their plate and let them draw the foods or cut them from magazines if you have them. Very young children can just colour their plate using different colours to represent the foods.
- Whilst your child is making their plate you can talk to them about why they need to eat a variety of different foods to help them grow and keep healthy. You can talk about the different food groups and why everybody needs to eat a balanced diet of the right food groups to stay healthy.

Download the Eatwell chart from www.nhs.uk/live-well/eat-well/the-eatwell-guide/ to help your children create a healthy plate.

This activity helps to support the following learning and development for children:

Communication & Language skills - whilst talking about what they are doing.

Early writing skills – using pens, pencils will support gross and fine motors skills, needed for writing.

Early math's – counting the pieces of food they put onto their plate.

Healthy food options – choosing a variety of healthy foods to put on their plate

Portion size -   children can use their hand to measure out the correct portion sizes of foods using the chart below.

We hope you and your child have fun making a healthy plate together.

All staff in Lewisham Children and Family Centres have been trained in **HENRY** which is a program to support healthy eating for parents with children under 5 years.

HENRYs vision is *'that children have a healthy, happy start in life to flourish throughout childhood and beyond.'*

If you would like any support on your child's eating please email us at ladywell.cc@lewishamcfc.org.uk and we can arrange for a 1:1 chat from one of our HENRY trained practioners.

The HENRY website for parents is full of easy recipes for a healthy balances diet, with tips on eating well for less for https://www.henry.org.uk/tips/eatingwellforless

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