

---

### Building healthy habits

Children are learning habits that will often last them a lifetime. Consider the following:

- Breakfast is important. Children who eat breakfast have better concentration. Eating breakfast can reduce snacking on high-energy foods in the afternoon in both adults and children.
- Be realistic about the size of the serve you offer children. Forcing children to finish what is on their plate when they are not hungry may lead to overeating and/or strong food dislikes.
- 
- Avoid giving children processed snack foods high in sugar. Encourage brushing teeth in the morning and before bed to develop good dental habits.

---

### Iodine and learning

Iodine is needed for the thyroid gland, growth and brain development. Sources of iodine include:

- ✓ cow's milk, yoghurt and cheese
- ✓ seafood

seaweed – as used in sushi or nori rolls

### Quick and easy breakfast ideas:

Make sure your child starts every school day with a nutritious breakfast that includes foods from at least two of the five food groups. For example

- wholegrain cereal with reduced-fat milk
- fruit smoothie
- boiled eggs and toast
- slices of fruit with yoghurt
- raisin toast with sliced banana
- muesli, chopped fruit and yoghurt

---

### Why is breakfast important?

- children who miss breakfast are often reported as having poor behaviour and poor concentration
- children who miss breakfast are often unable to meet their daily nutrient requirements
- children who miss breakfast are more likely to have a greater risk of being overweight or obese
- eating breakfast helps children learn and establish healthy eating habits early in life.

---

### The Parents Jury

The Parents Jury is a web-based network of parents who are trying to improve the food and physical activity environments for children in Australia. The Parents Jury is currently advocating for junk food free advertising during children's TV programs and confectionery free supermarket checkouts. Members receive regular emails with links to current articles and are encouraged to add their opinions on issues that can effect families nutrition and activity levels. To find out more go to

[www.parentsjury.org.au](http://www.parentsjury.org.au)



---

### No time for breakfast?

Try some of these quick breakfasts children can enjoy "on the go".

- reduced-fat yoghurt, or a yoghurt drink.
- wholemeal crumpets with sliced banana
- grilled cheese and tomato on toast
- reduced-fat milkshake
- tinned baked beans and toast
- healthy cereal in small plastic bag; a small carton of milk can
- porridge, sultanas with reduced-fat milk
- tinned fruit and yoghurt
- rice or noodles with lean meat or vegetables
- slices of banana loaf or other low fat fruit loaf.

---

### Breakfast provides brain food

Eating breakfast each morning improves children's learning, concentration, behaviour, overall nutrient intake, and establishes healthy eating patterns for life. Some quick breakfast options include:

- ✓ wholegrain cereals and reduced-fat milk
- ✓ baked beans on wholegrain toast and a glass of reduced-fat milk
- ✓ fruit smoothie and toast
- ✓ toast topped with cheese and sliced tomatoes
- ✓ egg on toast with a glass of reduced-fat milk
- ✓ wholemeal or wholegrain toast or fresh bread, with margarine spread plus a topping, such as tomato, reduced-fat cheese or baked beans
- ✓ reduced-fat yoghurt, fruit and raisin bread
- ✓ fruit salad and yoghurt.

Serve breakfast with a glass of water or milk to get children hydrated.

---

### Kids love rewards

Praise healthy habits. This may be snacking on fruit, drinking water and being active. Use treats like stickers, special games and outings, hugs and praise. Avoid using food as a reward.

---

### Dairy foods are important for strong bones and teeth.

The Australian Guide to Healthy Eating recommends children eat 2-3 serves of dairy foods, such as milk, cheese or yoghurt each day. Why not try including these high-calcium containing foods:

- milk on cereal or a tub of yoghurt at breakfast
- cheese on crackers after preschool
- fruit smoothie as a drink
- custard and fruit or as dessert.

---

### Heart smart

Here are some healthy heart food tips:

- use margarine spreads instead of butter
- choose reduced-fat milk (2% fat or less) for children two years and over
- have fish at least twice a week
- snack on fresh fruit
- don't add salt to cooking or at the table
- enjoy a variety of foods especially fruits, vegetables, breads and cereals.

---

### Keep food cool

Sandwiches can be frozen for up to a week and, if removed from the freezer in the morning, will thaw by lunchtime. Some nutritious sandwiches to freeze include those with fillings of cooked meats, baked beans, eggs, fish and cheese. Most fresh vegetables do not freeze well so put them on the sandwich when it's packed in the lunch box.



### Keeping lunchboxes safe

- Before preparing your child's lunchbox, always wash your hands and ensure you have a clean chopping board, lunchboxes and utensils.
- Bacteria that cause food poisoning grow at room temperature so it is a good idea to keep lunchboxes cold, even in winter. Include a frozen drink or ice-brick to keep sandwiches fresh and safe.
- Wrap frozen drinks in a paper towel to stop condensation making lunches soggy.

Be selective about what you pack, especially on hot days. Try to avoid cold meats, chicken and eggs on hot days.

---

### Apricot Drumsticks

#### Ingredients:

- 4 skinless chicken drumsticks
- ¼ cup apricot nectar
- 1 tablespoon low salt soy sauce
- 2 teaspoons tomato sauce
- 1 teaspoon lemon juice

#### Method:

1. Make a few slashes in each drumstick using a sharp knife.
2. Put drumsticks in an ovenproof dish.
3. Pour over the combined nectar, sauces and lemon juice.
4. Marinate for 30 minutes.
5. Preheat oven to 180 degrees and bake with marinade for 30 minutes turning once.

Can be served hot or packed cold in a school lunchbox with a frozen water bottle.

---