



A healthy outside starts from the inside.

Eating well can be hard — family schedules are hectic and grab-and-go convenience food is readily available. Whether you have a toddler or a teen, here are strategies to improve nutrition and encourage smart eating habits.

1. Family meals

Family meals are a comforting ritual for both parents and kids. Children like the predictability of family meals and parents get a chance to catch up with their kids. Kids who take part in regular family meals are also:

- More likely to eat fruits, vegetables, and grains.
- Less likely to snack on unhealthy foods.
- They are a chance for parents to introduce kids to new foods and to be role models for healthy eating.

Teens still want their parents' advice and counsel, so use mealtime as a chance to reconnect. You might also try these tips:

- Allow kids to invite a friend to dinner.
- Involve your child in meal planning and preparation.
- Keep mealtime calm and friendly — no lectures or arguing.

2. Stock up on healthy foods

Kids, especially younger ones, will eat mostly what's available at home. That's why it's important to control the supply lines — the foods that you serve for meals and have on hand for snacks.

Follow these basic guidelines:

- Work fruits and vegetables into the daily routine, aiming for the goal of at least five servings a day. Be sure you serve fruit or vegetables at every meal.
- Make it easy for kids to choose healthy snacks by keeping fruits and vegetables on hand and ready to eat. Other good snacks include low-fat yogurt, peanut butter and celery, or whole-grain crackers and cheese.
- Serve lean meats and other good sources of protein, such as fish, eggs, beans, and nuts.
- Choose whole-grain breads and cereals so kids get more fibre.

3. Be a role model

The best way for you to encourage healthy eating is to eat well yourself. Kids will follow the lead of the adults they see every day. By eating fruits and vegetables and not overindulging in the less nutritious stuff, you'll be sending

the right message. Another way to be a good role model is to serve appropriate portions and not overeat. Talk about your feelings of fullness, especially with younger children. You might say, “This is delicious, but I’m full, so I’m going to stop eating.” Try to keep a positive approach about food.

4. Don’t battle over food

It’s easy for food to become a source of conflict. Well-intentioned parents might find themselves bargaining or bribing kids so they eat the healthy food in front of them. A better strategy is to give kids some control, but to also limit the kind of foods available at home.

- Establish a predictable schedule of meals and snacks. It’s OK to choose not to eat when both parents and kids know when to expect the next meal or snack.
- Don’t force kids to clean their plates. Doing so teaches kids to override feelings of fullness.
- Don’t bribe or reward kids with food. Avoid using dessert as the prize for eating the meal.
- Don’t use food as a way of showing love. When you want to show love, give kids a hug, some of your time, or praise.

5. Get kids involved

Most kids will enjoy deciding what to make for dinner. Talk to them about making choices and planning a balanced meal. Some might even want to help shop for ingredients and prepare the meal. At the store, teach kids to check out food labels to begin understanding what to look for.

In the kitchen, select age-appropriate tasks so kids can play a part without getting injured or feeling overwhelmed. And at the end of the meal, don’t forget to praise the chef.

There’s another important reason why kids should be involved: It can help prepare them to make good decisions on their own about the foods they want to eat.

For reference visit: www.kidshealth.org



Unplug your iPad addicted child, it is time for digital detox

Did you know?

- One in three children are using tablets and phones before they can talk.
- The rise in gadgets is being attributed to the rise in technology addiction.
- Addiction in children can interfere with their sleeping patterns and eating.

Spotting the signs

- Lack of interest in other activities - One sign a child may have an issue with technology is when a parent is trying to get the child to do something else that is fun - such as going to the cinema or take part in an outdoor activity - and the child is reluctant to do so.
- Constantly talking about or getting distracted by technology - If children talk about when they are next going online, or a parent suspects they are thinking about their next technology fix, they may have an issue.
- Mood swings and argumentative behaviour - Another sign to look for is if the amount of time they spend using devices increases. Equally, if they become very sensitive when any concern is expressed about their technology usage to the point it can easily escalate into an argument.

What parents can do

You know your child so if something feels really wrong, trust your instincts and seek help. Parents need to be prepared to be unpopular and provide clear boundaries for their children. Some measures that can be taken include the following:

1. Limit the use of TV, computers and mobile devices to a maximum of 30 minutes at a time. Ensure the total amount of screen time per day doesn't exceed the age-group recommendations.
2. Schedule an appropriate time for using the device, and plan fun physical activities for your child to engage in at other times.
3. Refrain from putting TV and electronic gadgets in your child's bedroom, and put away such devices after use.
4. Observe 'tech-free' times such as during meals, homework and bedtime. In addition, you can designate 'tech-free' zones for your child such as in the bedroom, dining area and in the car.
5. Teach your child early about the importance of moderation. Be sure to offer

praise when your child demonstrates restraint in the use of tech devices and follows the rules you've set.

6. Monitor access by using the device together with your child. Take this opportunity to communicate, interact and share family values.

For reference visit: www.dailymail.co.uk

Love yourself enough to live a healthy lifestyle

Did you know?

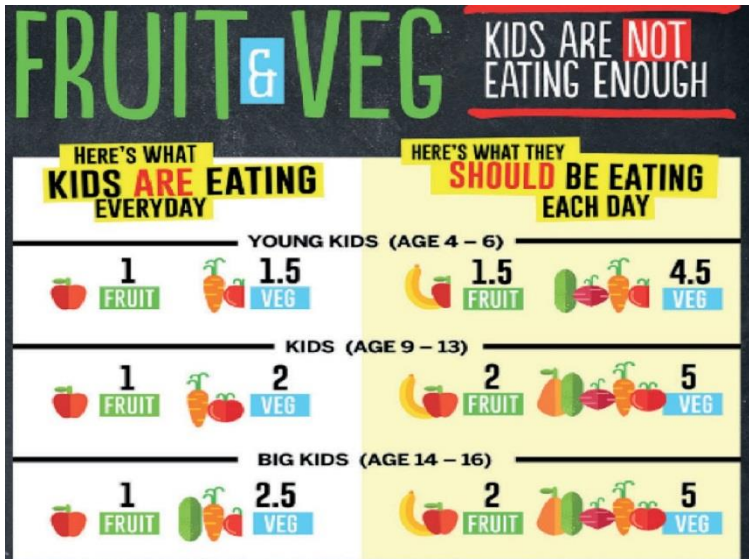
- Fruit and vegetables are a great source of vitamins, minerals and dietary fibre.
- Eating fruit and vegetables every day helps children and teenagers grow and develop, boosts their vitality and can reduce the risk of many chronic diseases - such as heart disease, high blood pressure, some forms of cancer and being overweight or obese.

Fresh fruit is a better choice than juice

While whole fruit contains some natural sugars that make it taste sweet, it also has lots of vitamins, minerals and fibre, which makes it more filling and nutritious than a glass of fruit juice. One small glass of juice provides a child's recommended daily amount of vitamin C. Unfortunately, many children regularly drink large amounts of juice and this can contribute to them putting on excess weight.

How to help kids and teens eat more fruit and vegies

- Eating more fruit and vegies every day can sometimes be a struggle. Children may need to try new fruits and vegies up to 10 times before they accept them. So stay patient and keep offering them. It can also help to prepare and serve them in different and creative ways.
- Involve the whole family in choosing and preparing fruit and vegies.
- Select fruit and vegies that are in season – they taste better and are usually cheaper.
- Keep a bowl of fresh fruit at home.



- Be creative in how you prepare and serve fruit and vegetables - such as raw, sliced, grated, microwaved, mashed or baked; serve different coloured fruit and vegies or use different serving plates or bowls.
- Include fruit and vegies in every meal. For example, add chopped, grated or pureed vegetables to pasta sauces, meat burgers, frittatas, stir-fries and soups, and add fruit to breakfast cereal.
- Try different fruits or vegies on your toast - banana, mushrooms or tomatoes.
- Add chopped or pureed fruit to plain yoghurts.
- Make a fruit smoothie with fresh, frozen or canned (in natural or unsweetened juice) fruit; blend it with reduced fat milk and yoghurt.
- Chop up some fruit or vegie sticks for the lunchbox.
- In summer, freeze fruit on a skewer (or mix with yoghurt before freezing) for a refreshing snack.
- Make fruit-based desserts (such as fruit crumble or baked, poached or stewed fruit) and serve with reduced fat custard.
- Have fresh fruit available at all times as a convenient snack – keep the fruit bowl full and have diced fruit in a container in the fridge.

For reference visit: www.healthykids.nsw.gov.au

Just like reading and writing, children have to learn how to move.



All children should be physically active for at least one hour a day. You can help by encouraging your child to find activities they enjoy, and building physical activity into family life. Most children love running around a park or playing in a playground. One reason why physical activity in childhood is so important is because it helps your child to maintain a healthy weight.

Activity tips for children

- Walk or cycle to and from school with the kids as often as possible.
- Do an activity challenge together, such as working towards a fun run or a walk for charity.
- Support your kids in sports, clubs or any other activities that may interest them. Joining a weekend club sport ensures commitment to a team and regular exercise.
- Try a beach holiday. When they hit the sand, children find a multitude of ways to exercise, including games, swimming, and plenty of running around.

Choose water as a drink

The recommended daily amount of fluids is:

- 5 glasses (1 litre) for 5 to 8 year olds
- 7 glasses (1.5 litres) for 9 to 12 year olds
- 8 to 10 glasses (2 litres) for 13+ years

You should drink more water when you're exercising or on a hot day. We often don't feel thirsty even when our bodies need fluid, so it's a good idea to drink water regularly throughout the day.

Hints to help you drink more water:

- Pack a water bottle whenever you go out.
- In summer, put a frozen water bottle in your lunch box.
- Keep a bottle of cold water in the fridge in summer and drink warm water in winter.
- Water down juices, sports drinks and cordials.
- Use smaller glasses when drinking sugary drinks.

For reference visit: www.kidshealth.org, www.healthykids.nsw.gov.au

HEALTHY SNACK SUGGESTIONS

We at Credence aim at a holistic development of all our students and to us good health is of paramount importance for the physical, mental and emotional wellbeing of a child. We believe that childhood is an important time for establishing lifelong, healthy eating habits. We ensure that students follow a regular exercise regime and participate in games and sports for a fit body. However, the intake of health, nutritive and fresh food is a concern. Healthy eating is not about dietary limitations of the food you love. Rather, it's about feeling great and having more energy. It's imperative that we eat right and eat smart.

PreKG & Kindergarten

9:30-9:50am- 1st Break- 'SNACK BREAK'

Please ensure that the child carries healthy tiffin i.e. snack/lunch (no junk food).

Children must also carry a napkin, along with a fork and a spoon.

11:20 -11:30am- 2nd Break- 'FRUIT BREAK'

Child will eat a fruit packed by you.

Grade 1 - 10

9:00-9:10am- 1st Break- 'SNACK BREAK'

Please ensure that the child carries healthy tiffin i.e. snack/lunch (no junk food).

Children must also carry a napkin, along with a fork and a spoon.

11:50 -12.10am- 2nd Break- 'LUNCH BREAK'

Everyone needs the same types of nutrients — such as vitamins, minerals, carbohydrates, protein and fat. Children, however, need different amounts of specific nutrients at different ages. Consider these nutrient-dense foods:

- Protein. Choose seafood, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds.
- Fruits. Encourage your child to eat a variety of fresh, canned, frozen or dried fruits — rather than fruit juice. If your child drinks juice, make sure it's 100 percent juice without added sugars and limit his or her servings.
- Vegetables. Serve a variety of fresh, canned, frozen or dried vegetables. Aim to provide a variety of vegetables, including dark green, red and orange, beans and peas, starchy and others, each week.
- Grains. Choose whole grains, such as whole-wheat bread, oatmeal, popcorn, quinoa, or brown or wild rice. Limit refined grains.
- Dairy. Encourage your child to eat and drink fat-free or low-fat dairy products, such as milk, yogurt, cheese or fortified soy beverages.

Some smart decisions to make your kids lunch break a fun and nutritious time.

- Keep it uncomplicated. Try to keep it dry and wholesome. This way, your kid will not fear the lunch break getting a bit too messy. Cheese/Tuna/Vegetable sandwich are always best and safe.
- Preferences in mind. Take your child along to the store and ask what they would prefer to take to school-be it fruit segment/vegetable counter. This will give you an idea to fulfil the necessary for healthy and tasty tiffin.
- Variations can be healthy and makes kids happy. Raw veggies like carrots, bell pepper, baby corn with a spicy or cheese dip. On the other hand they can be cooked also.
- Be wise and plan. If you are a working mother, plan ahead. Make a container of yoghurt/frozen strawberries/salad. Every day take out one container and pack it in the tiffin. By the break time food will thaw and is ready to be eaten.

Some easy to cook and healthy snack options:

- Thirst Quenchers: Soya milk. Milk (tetra pack)
- Fruits: Apples/Oranges/Grapes/Banana/Guava/Dates
- Mini Meals: Upma/Idli/Poha/Dhokla/Whole wheat Pasta
- Bite size Sandwiches: Jam/Vegetables/Cottage Cheese
- Salads: Sprouts/Vegetables/Fruits
- Nuts/Dry Fruits: Ground Nut, Almonds, Walnut, Apricot, Figs
- Cookies: Wheat Bran Cookies (whole wheat and jaggery)

However, we all know that children like variety hence we are requesting all parents to share with us healthy and easy tiffin recipes.

