

TUCKER TALK TIPS

HEALTHY, ACTIVE KOORI KIDS

MY MESSAGE TO YOU



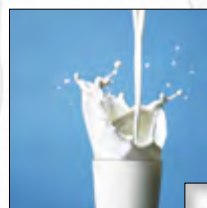
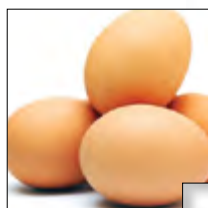
WHY IS GOOD NUTRITION IMPORTANT?

Good food provides essential nutrients to help kids:

- grow and develop
- learn at school
- feel energetic and happy
- have healthy eyes, skin, hair and teeth
- stay healthy and avoid getting sick
- avoid diseases like diabetes when they get older

WHAT SORT OF FOODS SHOULD KIDS EAT?

- Plenty of colourful fruit and vegetables.
- Plenty of wholegrain or wholemeal bread, cereal, rice and pasta.
- Lean meat, chicken, fish or meat alternatives like eggs or baked beans.
- Milk, yoghurt or cheese – reduced fat varieties are recommended for children over 2 years.
- Foods high in fat, sugar and salt like chips, chocolate and lollies should only be eaten on special occasions and not every day.
- For healthy bodies and teeth, kids should drink water or reduced fat milk instead of sweet drinks like fruit juice, soft drink and cordial.



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WHY IS PHYSICAL ACTIVITY IMPORTANT?

Being active is important for your child's health and development.

Active kids have:

- higher fitness levels
- healthier body weight
- better coordination and motor skills
- more confidence and self-esteem
- a better chance of doing well at school.

Be a role model for your kids by being active yourself as well.

Try to do some activities together as a family.

WHAT SORT OF ACTIVITY AND HOW MUCH?

Kids need at least 60 minutes of physical activity every day!

- Encourage kids to play actively inside and outside every day.
- Try simple, fun activities such as dancing to music, playing games or visiting a playground or park.
- Instead of driving your kids to and from school, try walking with them.
- Encourage older kids to ride their bikes to school or on other short trips.
- Encourage kids to do something active instead of watching TV, DVDs and playing computer games.
- Time in front of the TV or computer should be limited to:
 - no more than 2 hours per day for kids aged 5-12 years
 - no more than 1 hour per day for kids under 5 years
 - none at all for kids under 2 years.