

Healthy Heroes

Promoting good health

It is really important that children:

- Eat a variety of foods including fruit and vegetables.
- Have regular 'me sized' meals.
- Don't have too many foods and drinks high in fat, salt and sugar.
- Are active for at least 60 minutes a day.

The four Healthy Heroes and their sidekick Freddie Frog have been designed to help promote healthy eating and physical activity messages and encourage families, with children aged two years and upwards, make healthier choices.

Look out for the Healthy Heroes and Freddie when you visit children's centres, nurseries and schools across Lancashire!

For more information visit www.lhsp.org.uk/healthyheroes

Also check out the national Start4Life campaign by visiting www.nhs.uk/start4life

Healthy choices

- Eating breakfast.
- Eating at least 5 A DAY every day.
- Eating healthy snacks that are low in fat and salt and are sugar free.
- Drinking plenty of water.
- Trying a new food.
- Being active as a family.
- Going for a walk together.
- Going to the park to play.
- Dancing together to music and rhymes.

How to help your child become a Healthy Hero

- Having a healthy breakfast is really important because it gives us the energy we need to play and learn and provides vitamins and minerals to keep us healthy.
- Eating 5 different kinds of fruit and vegetables every day helps to keep us healthy. Fresh, frozen, canned, 100% pure fruit juice and dried fruit and vegetables all count towards our 5 A DAY.
- Eating healthy snacks that are low in fat and salt and that are sugar free, gives us energy to keep playing and learning all day long.
- Drinking plenty of water stops us becoming dehydrated and helps to keep our bodies working properly.
- Tasting new foods may help us stay healthy as we begin to discover different foods we like.
- Walking is an easy and free way for families to be up and about having fun together.

- Being active as a family is a fun way to spend quality time together and counts as all or some of our 60 active minutes. Being active on a regular basis when children are young establishes a healthy lifestyle that is more likely to be continued as they grow up.
- A visit to the park with our friends or family is a great way to have fun together and be active!
- Singing and moving to music and rhyme is great fun and helps us explore what our developing bodies can do.

1

Avoid foods high in fat, salt and sugar.

2

Is your child eating a variety of foods, including fruit and vegetables?

3

Make sure your child is active for at least 60 minutes per day.