

Activity tips

Being active is part of our physical and mental well-being and almost every child derives a great deal of pleasure from physical activity. The pleasure a child gets from movement and play is equivalent to an adult's daily exercise and activities. It is important that children move around far more than simply being involved in day-to-day routines and events. From preschool onwards, children need to be active in a way that they become warm and out of breath and that they do so for at least an hour a day.

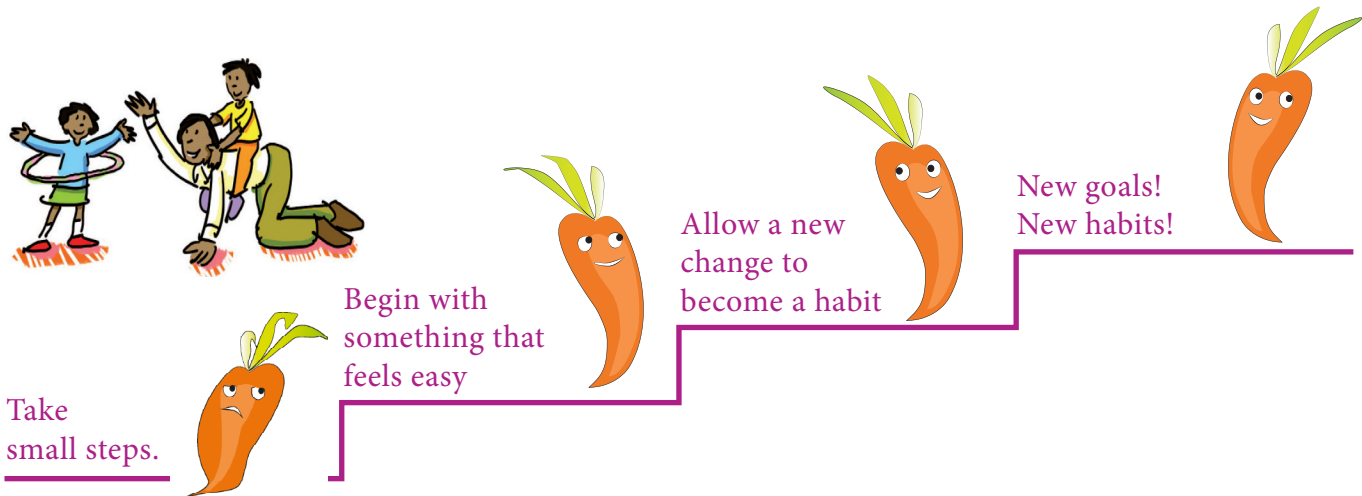
Promoting daily exercise and movement among children:

- Children should be encouraged to walk or cycle as much as possible to the day care centre, school, friends and other activities
- Playing with friends, either outdoors or indoors, is beneficial
- Children should be urged to play outdoors, preferably together. Take a trip into the forest or countryside and discover new places where they can play
- Choose an activity your child really enjoys and which you can all benefit from and do together with family and friends
- Take breaks from activities that involve a lot of sitting, and limit periods of inactivity. Think carefully about how much time is spent in front of a screen and find alternative activities for you and your child

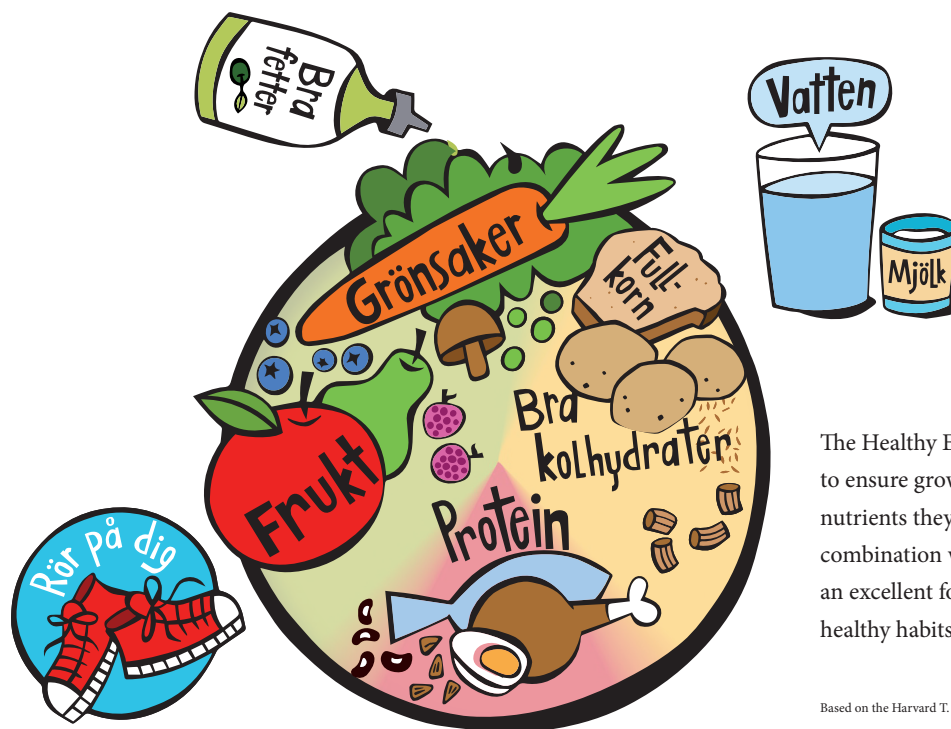


Sleep

Sleep and daylight are necessary for the body and the mind to feel good. A child who gets enough sleep and who has spent time outdoors during the day will find it easier to cope with daily tasks and routines. If television, the computer and other screen-based activities are avoided before going to bed, the brain has time to rest and recover.



My personal health model



The Healthy Eating Plate is a model used to ensure growing children get all the nutrients they need. Nourishing food in combination with movement provides an excellent foundation for developing healthy habits and routines.

Based on the Harvard T. H. Chan School of Public Health 2016

The Keyhole

The Keyhole is perhaps the simplest way of choosing good, healthy food. You eat less sugar and salt and more wholemeal, fibre and unsaturated fats, which are much better for you. Healthy alternatives are the most beneficial in the long run!



A series of worksheets is available to help you. Feel free to ask for them!

The folder Simple Tips has been produced by Region Västra Götaland and is a joint undertaking by Central Paediatric Healthcare, the Public Dental Service and the Public Health Department. Further copies can be ordered from Adress och Distributionscentrum.
Email: adress.distributionscentrum@vgregion.se

Simple tips

Children

6 huvudmå/

4 frukostar



1 kokt ägg, 1 msk kaviar, 2 dl lättmjölk



Frukost

1 skiva grovt bröd, 1 skiva hårt bröd, 2 tsk lättmargarin

Huvudmål

1 nyck



1/2 dl tärnad squash/aubergine, skivad gul lök, 1/2 dl paprika, 1 nyck

Huvudmål

2 skivor grovt bröd, 2 tsk lättmargarin, 4 köttbullar, 1 kokt ägg, 1 msk kaviar, 1/2 dl fil, 1/2 msk chilisås, 1 morot, 1/2 paprika, gurkstavar



1 skiva hårt bröd, 1 skiva grovt bröd, 2 tsk lättmargarin

Frukost

Inlagd gurka



1,5 dl naturell lättfil, 1 dl müsli, 1 dl bär, 1 skiva grovt bröd, 1 msk breddbar leverpastej, inlagd gurka

Huvudmål

1 dl tacofärs (nöf), 1 msk tacosås, 2 msk guacamole, 1/2 dl majs, gurka, 1 msk svarta bönor, 2 tacoskal



1,5 dl kokt spagetti, 1 msk ketchup, 1 dl salladskål, 1/2 dl majs, gurka, 2 dl lättmjölk



Huvudmål

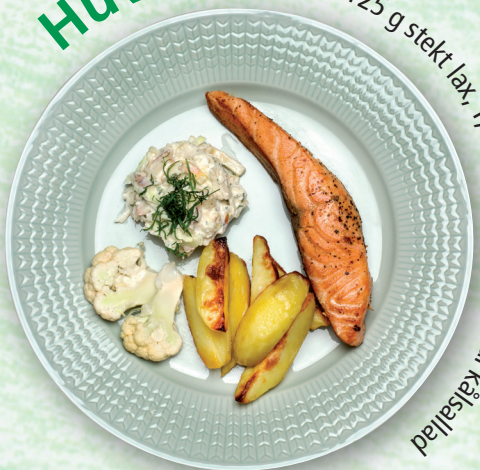


nyckelhålmärkt korv, 1 dl couscous, 1/2 röd paprika, 1 skiva ost 17%, gurk- och paprikaskivor

2,5 dl linsoppa, 1/2 dl yoghurt 3%, 1 rågsäcksbröd/baguette, 1 tsk lättmargarin, 1 skiva ost 17%

Huvudmål

Huvudmål



2 dl köttfärsås, 1,5 dl potatis

125 g stekt lax, 1,5 dl klyftpotatis, 1,5 dl kalssallad

What do you do when you...

are hungry or peckish?

want to give yourself a little treat?

are bored?

want to celebrate?

Snacks

Fruit or vegetables are in most cases perfect as a snack.



You can find more suggestions about fresh, tasty snacks at www.angeredsnarsjukhus.se/minamellanmal