## *twelfth visit…*
# 5-6 years

# Food for Thought

*What does your child eat for breakfast?*
*What is your child's favorite lunch?*
*What is your child's favorite snack?*
*Does your child still drink milk?*
*What does your child eat after school?*
*What games does your child like to play?*
*How much time does your child spend with TV, computer and video games each day?*

# Feeding Advice

- Eat a healthy breakfast every day – children who eat breakfast do better in school. Breakfast gives their bodies and brains the energy they need to learn and play. Remember parents that, *breakfast eating parents have breakfast eating kids!*
- Milk, Fruits & Vegetables every day – your child still needs lowfat milk at every meal.
  - Aim for 5 servings of fruit and vegetables every day, include a wide variety of colors and textures.
- Make sure you stock your kitchen and refrigerator with healthy after-school snacks. To quench thirst have milk, water & 100% fruit juice available **(limit fruit juice to 4-6 oz./day)**
- Serve small portions and let them ask for more.
- Work with your child and plan ahead for meals at school. School lunch and breakfast are healthy and nutritious options when eating at school. When brown-bagging be sure to pack the lunch with your child and include at least 4 out of the 5 food groups.

# Be Active

- Encourage 1 hour of active play each day – throwing, catching, bike riding, skipping, dancing, jumping, running – make physical activity a family routine!
- Limit screen time (TV, computer, electronic games) to less than 2 hours per day.

## Notes: _____
_____
_____
_____

Child's name _____

Height _____ Weight _____          Date _____

BMI _____ percentile _____ %