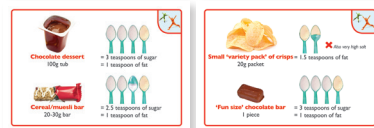
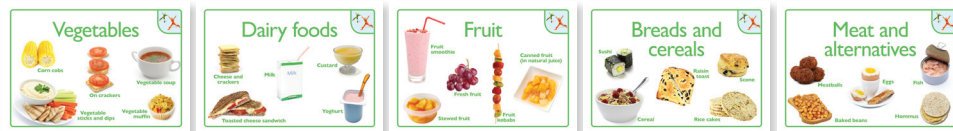


Display kit



Healthy snacks for children

Instructions



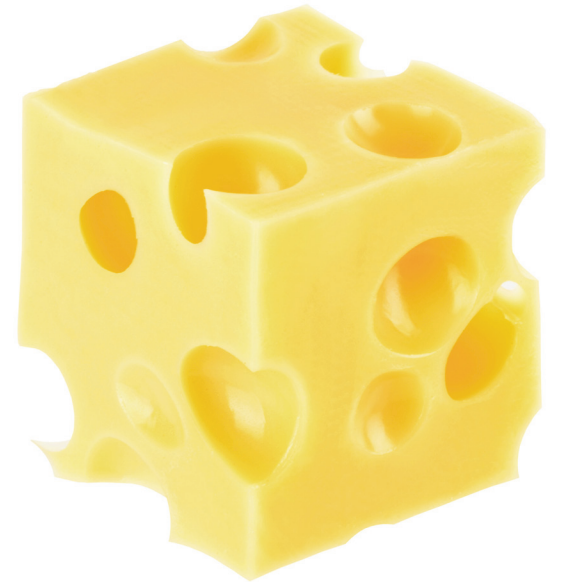
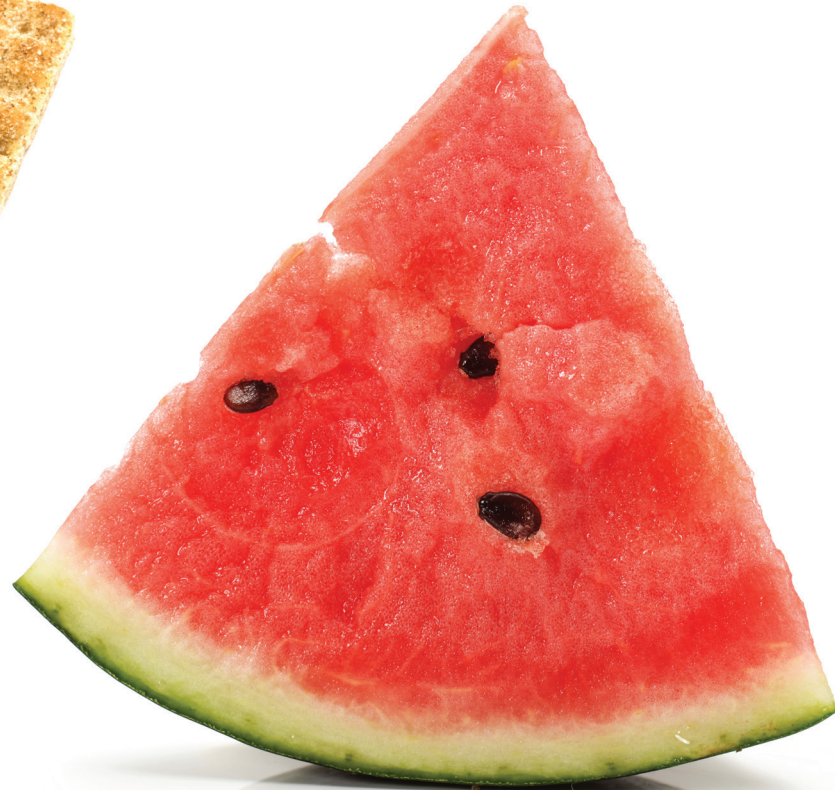
Instructions for display kit:

- Print pages out in colour on white paper
- Some pages need to be joined together to create a banner:
 - Join pages 1 and 2 to read **‘Healthy Snacks for Children’**
 - Join pages 3 and 4 to read **‘Why are snacks important?’**
 - Join pages 5 and 6 to read **‘Choose snack foods from the five food groups everyday’**
- Laminate display

The kit consists of 16 slides as follows:

- Healthy snacks for children (Blue – 2 page banner)
- What about drinks? (Blue – 1 page)
- Why are snacks important? (Blue – 2 page banner)
- Packing snacks (Blue – 1 page)
- Choose snack foods... (Green – 2 page banner)
- Food group ideas – Vegetables, Dairy foods, Fruit, Breads and cereals, Meat and alternatives (Green – 5 pages)
- Sometimes foods (Red – 1 page)
- Sometimes foods photos and measures (Red – 2 pages)

Healthy snacks



for children



Why are snacks

- ✓ Snacks are “mini-meals” and should be made from everyday foods from the five food groups (breads and cereals, vegetables, fruit, dairy products and meat and meat alternatives).

important?



- ✓ Snacks are an important part of the day's food and not just something extra or a treat.
- ✓ Children have small stomachs and need snacks between meals to help meet their growth and energy needs.

Choose snack
the five food



foods from groups everyday



Vegetables



Corn cobs



On crackers



Vegetable soup



Vegetable sticks and dips



Vegetable muffin

Dairy foods



**Cheese and
crackers**

Milk



Custard



Toasted cheese sandwich

Yoghurt





Fruit



Fruit smoothie



Fresh fruit



Stewed fruit



Fruit kebabs

**Canned fruit
(in natural juice)**



Breads and cereals



Sushi



Raisin toast



Scone



Cereal



Rice cakes



Meat and alternatives



Meatballs



Baked beans



Eggs



Fish



Hommus

What about drinks?



Milk



Water



Sports drink



Cordial



Soft drink

Packing snacks



- ✓ Pack snacks in re-usable bags and containers.
- ✓ Home packed snacks can be cheaper and better for the environment than pre-packaged snacks.



Sometimes foods



- ✘ Sometimes foods can be high in sugar, fat and/or salt.
- ✘ Sometimes foods are **NOT** good snacks.
- ✘ Only eat sometimes foods in small amounts.



Chocolate dessert

100g tub



= 3 teaspoons of sugar

= 1 teaspoon of fat



Cereal/muesli bar

20-30g bar



= 2.5 teaspoons of sugar

= 1 teaspoon of fat





✗ Also very high salt

Small 'variety pack' of crisps = 1.5 teaspoons of fat
20g packet



'Fun size' chocolate bar
1 piece

= 3 teaspoons of sugar
= 1 teaspoon of fat





Public Health Services
Department of Health and Human Services
Email: community.nutrition@dhhs.tas.gov.au
www.dhhs.tas.gov.au

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