

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?

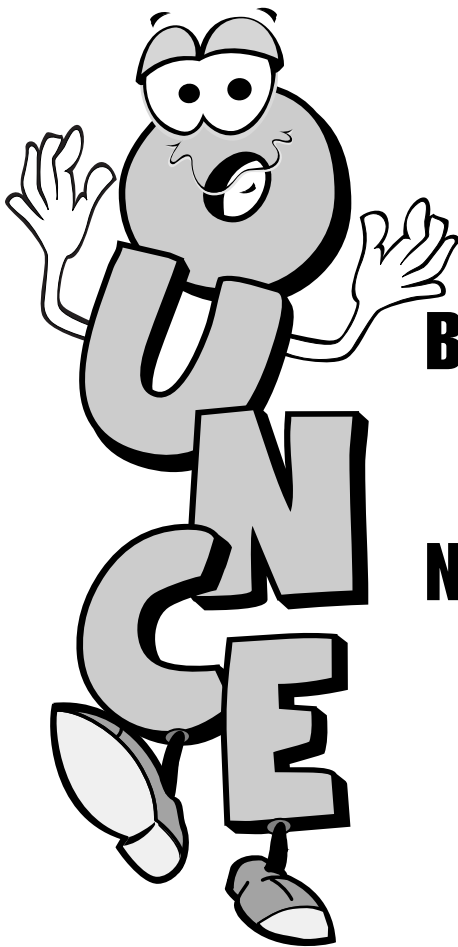
What does your child eat after school?

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 _____ %