



Building a healthy snack

Parent/carer workshop

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Aims of this workshop



Why is a healthy diet so important for children?

By the age of 5 years, 42.4% of Harrow children have had experience of tooth decay



Reception: 19.4% (1 in 5) children are overweight or obese

Year 6: 39.6% (over 1 in 3) children overweight or obese

Why is a healthy diet so important for children?

Healthier
weight

More
nutritious

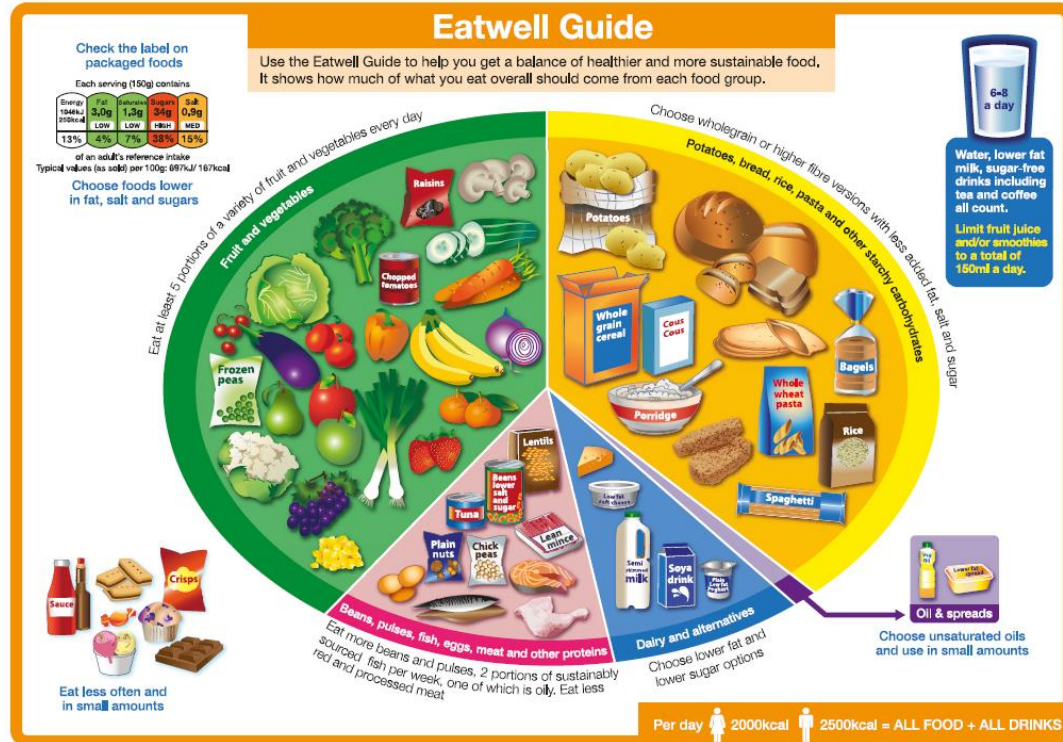
More filling
and
satisfying

Improved
energy,
concentration
and behaviour

Better
educational
attainment

Better
relationship
with food!

What does a healthy diet look like...?



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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A healthy diet should include:

- ✓ Starchy carbohydrates e.g. bread, wrap, chapatti, pasta, cous cous, rice, potato/sweet potato
- ✓ Fruits e.g. banana, apple, satsuma, grapes, strawberries
- ✓ Vegetables e.g. cherry tomatoes, carrot, cucumber, pepper, broccoli
- ✓ Protein e.g. meat, fish, eggs, beans, lentils, houmous, tofu
- ✓ Dairy e.g. milk, cheese, yoghurt, fromage frais
- ✓ Healthy fats e.g. olive/vegetable oils
- ✓ Drinks – mostly water!

Based on the [Eatwell Guide](#)

Children's portion sizes



Child's handful e.g.
grapes, berries, cherry
tomatoes,
pepper/carrot/cucumber
sticks or 1 piece e.g.
apple, banana, orange



1-2 slices bread, 1
wrap, child's fist size
amount of cooked
pasta, rice, cous cous,
potato etc



Child's handful / 2-3
tbsp e.g. of
pieces/slices cooked
meat/fish, egg, beans,
chickpeas, lentils

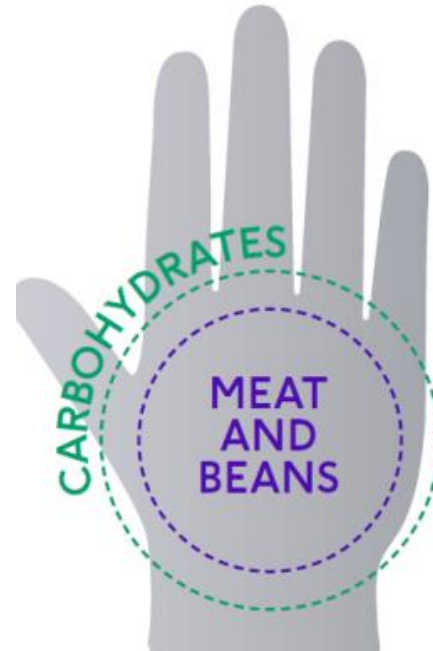
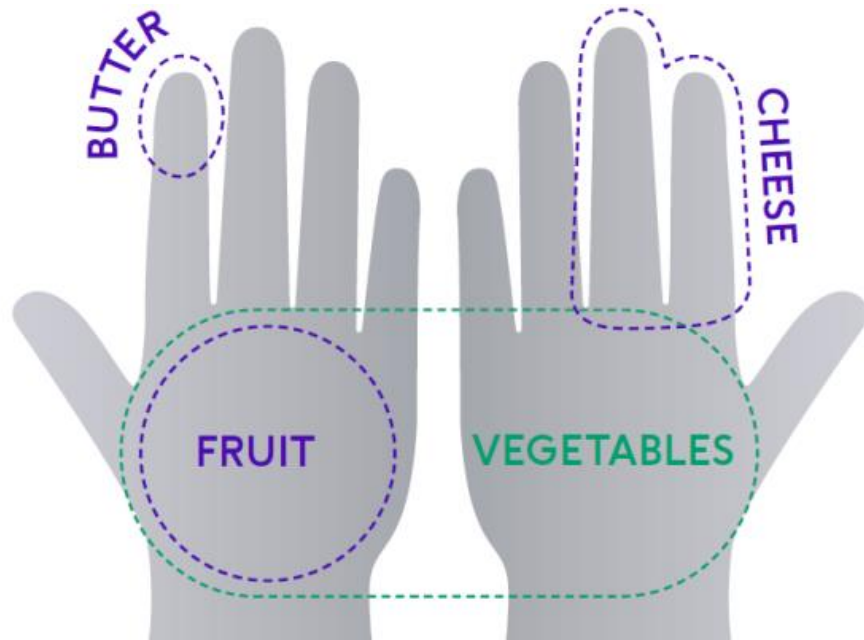
1 tbsp/thumbsized
amount e.g. spread on
a sandwich or in a
salad dressing



A small cup of
milk, 1 small pot
of yoghurt or two
fingers size of
cheese



Children's portion sizes



What does a balanced snack look like?

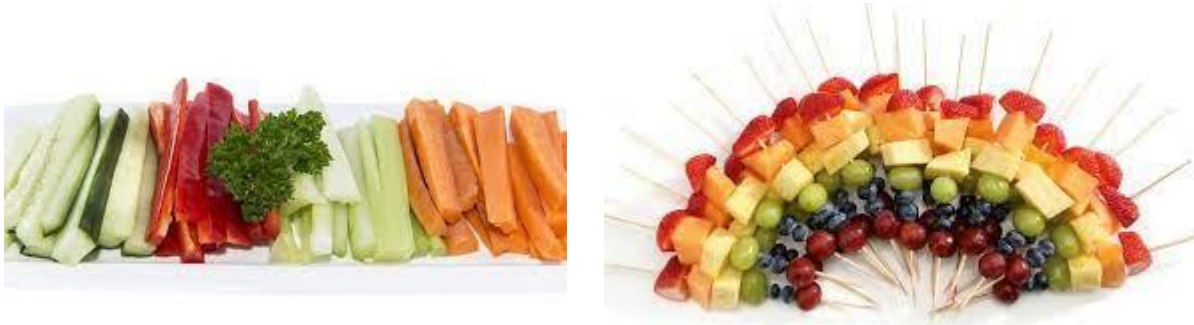


- 1 portion of **fruit or veg**
- 1 portion of **carbohydrate**
- 1 portion of **protein or dairy**



Healthy snack ideas!

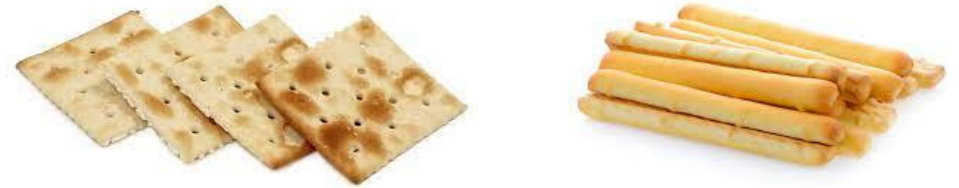
Fruits and vegetables



Tips:

- Chop fruit and veg into pieces/sticks and put in a small Tupperware/reusable sandwich bag for school pick-up
- Some don't even need to be chopped e.g. cherry tomatoes, mini carrots, sugar snap peas, berries, banana
- You can also thread pieces of fruit onto a 'kebab' stick

Carbohydrate e.g. crackers, breadsticks, rice cakes



Tips:

- These are store-cupboard items that keep well so are good to always have in your cupboard
- Can be topped with/dipped in: nut butter, cheddar, cottage cheese, houmous, guacamole etc
- Aim for low salt varieties



Healthy snack ideas!

Cheese or yoghurt



Tips:

- Cheese can be sliced or cubed from the block, or you can use ready-made snack sized servings e.g. mozzarella pearls or babybel style cheese
- Individual yoghurt pots are easy to transport and can be put in a cool bag if preferred. You could also dispense from a larger tub into a Tupperware, and add fruit/muesli
- Aim for reduced-fat versions

Protein e.g. houmous/bean dip, eggs, nuts



Tips:

- Houmous or other bean dips can be eaten with breadsticks, pitta, crackers, veg such as carrot, celery, cucumber
- Eggs can be hardboiled, left to cool before removing shell and either left whole or chopped into half/quarter
- **Only give nuts at home**, do not bring to school in case of allergies

Ideas for building a healthy snack...

Mozzarella, cherry tomato, avocado, and basil pitta (add / remove ingredients!)



Cheese ball, chopped grapes and crackers



Houmous, breadsticks and carrot sticks



Hardboiled eggs, cucumber, houmous



Plain yoghurt with blueberries and muesli



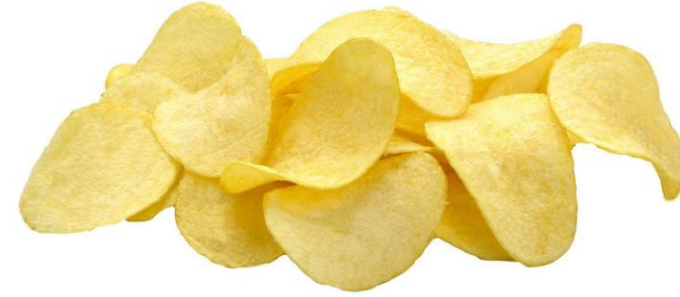
If you are short on time...



There is nothing wrong with the basics – a banana or apple are a great simple snack, require no prep, and are healthier than crisps or chocolate (and cheaper!)



What are NOT healthy snacks?



Out & about snack kit



Mini tupperwares: good for yoghurt and dips, and to stop crackers breaking

Mini food bags: good for saving space, re-usable compared to cling film or foil



Cool bag or block: to keep things chilled if out for a while e.g. dairy



Hand sanitiser & napkin: to clean dirty hands before & after snacks!



More resources and information

- **First Steps Nutrition Trust** 'Eating well: snacks for 1-4 year olds'

<https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/633ed0ef97ac044a4a490bdc/1665061112660/Eating+Well+Snacks+--+For+web+-+8+May+2018.pdf>

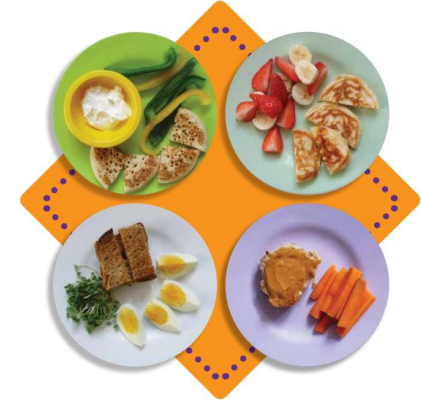
- **First Steps Nutrition Trust** 'Good Food Choices and Portion Sizes for 1-4 year olds'

<https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/60b7aaadaa8ef9068ca33757/1622649524634/Good+Food+choices+May+2021+for+web.pdf>

- **British Nutrition Foundation** 'Healthy snacks for children'
<https://www.nutrition.org.uk/media/qchk0cvw/healthy-snacking-for-children.pdf>

- **Healthy Start** – help to buy fruit, veg, pulses, milk and collect free vitamins for pregnant women and families with children under 4 years. Check your eligibility here: <https://www.healthystart.nhs.uk/>

Eating well: snacks for
1-4 year olds



FIRST STEPS NUTRITION TRUST 



If you are more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

Find out more at www.healthystart.nhs.uk

