

CHILDREN AND YOUNG PEOPLE

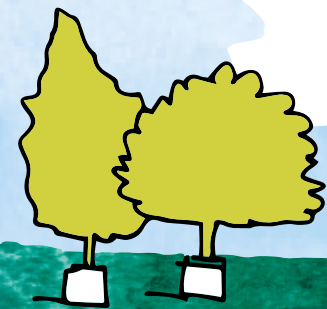
ACTIVITY PACK THREE

IN THIS PACK:

Goldilocks and the
3 Portion Sizes

Swap of the Week

30 Second Challenge



MORE *Life*

GOLDILOCKS AND THE THREE PORTION SIZES



Join Goldilocks on her adventure to find the portion size that is right for her. You never know what you may learn from the bears that live in the forest.



PORRIDGE IS JAM-PACKED FULL OF ENERGY THAT WILL KEEP YOU GOING THROUGHOUT THE DAY AND HELP PREVENT SNACKING



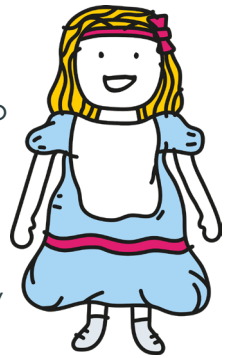
SWAP OF THE WEEK



Your task this week is to swap one of your child's snacks for something healthier. Finding alternative snacks for your children gives them a chance to experience and try different foods.

From listening to the story 'Goldilocks and the three portion sizes.' Can you think of three healthy snacks that may be good for Goldilocks to eat? What snacks do you think Goldilocks could find in the forest to eat?

What snacks do you normally give to your children? Write down the snacks your child(ren) eat below. Can you think of a healthier option they could have instead?



Frequently eaten snack

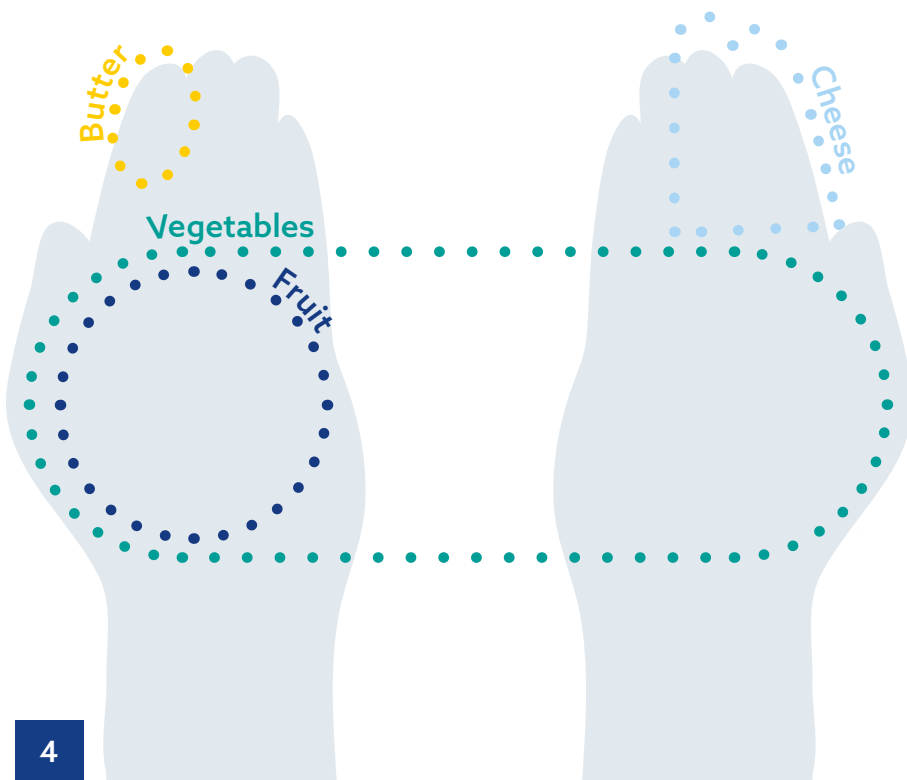
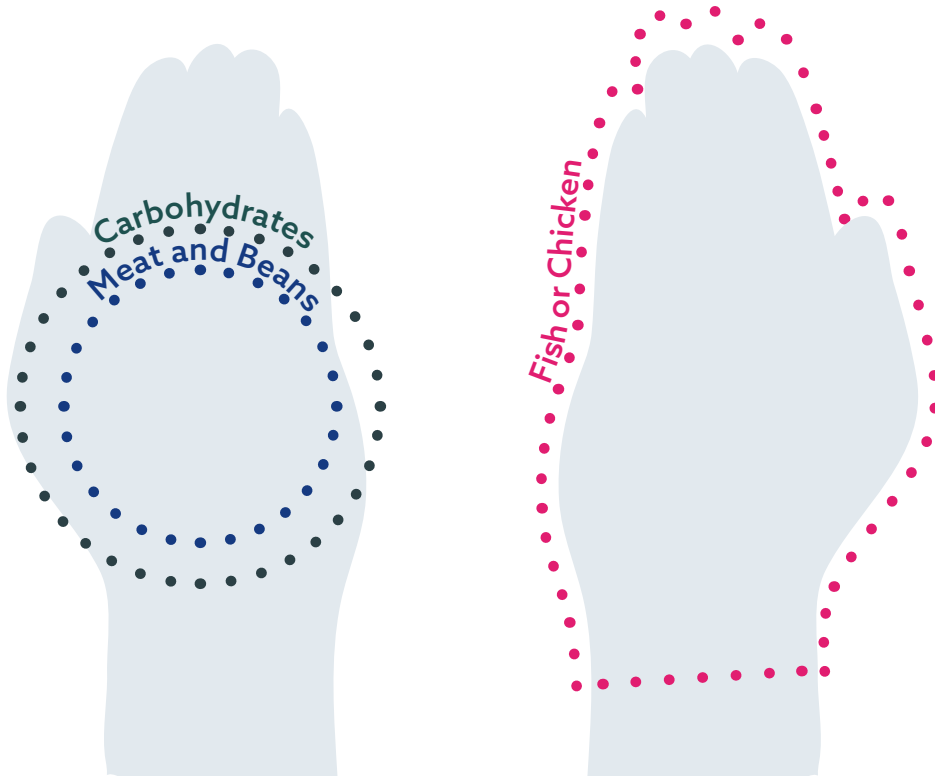
Healthier snack option

Know your Portion Sizes Task

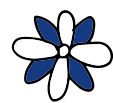


Use the handy guide at dinner time to measure out the correct portion sizes of food groups with your child(ren).

Draw around each family member's hands - discover the different sizes of portions throughout your family.

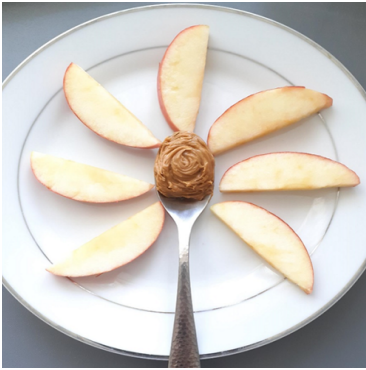


IF YOU ARE STRUGGLING WITH PORTION SIZES TRY USING A SMALLER PLATE WHEN SERVING DINNER

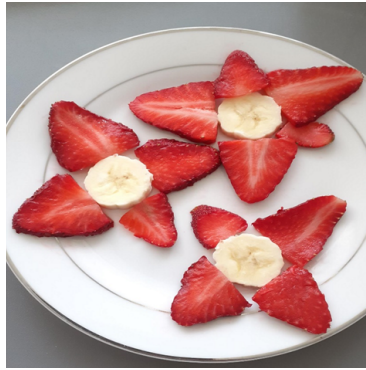


On the next page you will find some ideas for snacks that are all under 100 calories.

100 Calorie Snacks



Apple and
Peanut Butter
Windmill



Banana and
Strawberry
Flowers



Cheese and
Pickle Melba
Thins



Pear and
Yoghurt
Sunshine



Wholegrain
Rice Cakes
with Houmous



Babybel
and Crisp
Bread

Top Tips for Snacking

- Use a smaller plate/bowl
- "20-minute rule" - Ensure you wait 20 minutes after a meal before snacking
- Slowing down whilst eating
- Be aware of distractions (TV, phone etc.) when snacking as you often consume more when distracted
- Ensure water/low sugar drinks are available

Please complete a quick survey on this pack at
smartsurvey.co.uk/s/Pweek3



SECOND CHALLENGE

Help our practitioners get back home by travelling around the world and completing lots of activities. What will you see on your adventures?



KEEPING ACTIVE IS GOOD FOR OUR HEART, LUNGS, BONES AND BODY. IT CAN ALSO BE REALLY FUN!

