



# Healthy Heart

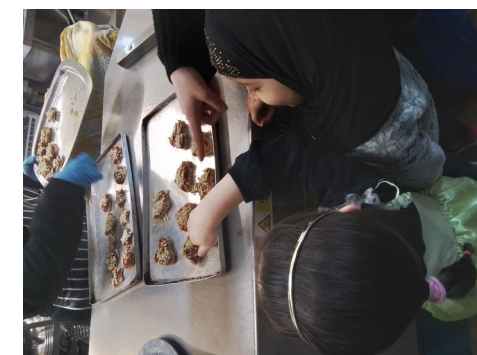


In Red Room, the children learn about healthy hearts to celebrate the months of Valentine's Day. During circle time and adult-led activities, the children discussed which food is healthy and which food is not healthy. The children talked about how if they have too much sugar their teeth will become rotten and will only allowed to have a little bit as we have the right to be healthy. The children placed their hands and found their hearts. They said it make a soft drum sound. The children are also learning about brushing their teeth and how it is important to look after our teeth and body. The children enjoyed making pizza toasties with heart shapes cut out and said it tasted delicious and yummy. The children also talked about Valentine's Day, they learned that Valentine's Day is about showing your love and kind words to your loved one. The children enjoy celebrating and learning about Valentine's Day and a healthy heart.

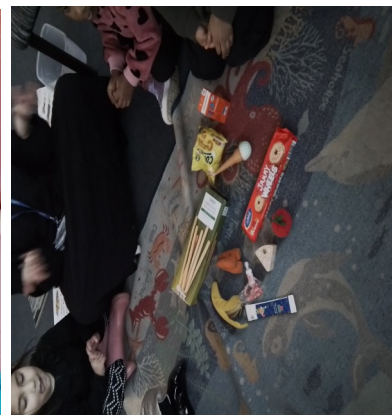


Azareah-Rose 'Valentine day is giving present and saying kind words to mummy and

Kabeal pointed to the ice-cream and said 'not healthy'. He pointed to the fruit and said 'healthy'.



Sahira 'Sana look I made a heart'.





# Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1048kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 687kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS