

MEAL PLANNER

Challenge addressed: Family Mealtimes

This is an activity to complete as a family. After filling in the 'Favourite Foods' resource (downloadable from the Parents' Toolkit website) you then select at least one food from the list of favourite foods made by each family member in order to create a meal idea. This ensures that each family member will like at least one food selected within every meal. The aim is that you aren't having to make different meals for each person - you're just adapting the main meal to suit all tastes for the whole family. Think of your child's nutrition as what they consume over the course of the day and week – as long as they're eating food from all the food groups across their meals, this will contribute to a balanced diet.

Scan for more information



MEAL PLAN

SHOPPING LIST

MON

TUE

WED

THU

FRI

SAT

SUN

Dietitians' tips to simplify family meals:

- Design meals that consist of multiple components, allowing family members to customise their plate. E.g. if you're making fajitas, you can offer a variety of fillings and sides that suit different preferences, whilst still keeping the core of the meal the same.
- Prepare a base that everyone can eat e.g. pasta / rice / baked potatoes / pizza base, and offer simple different toppings or sides.
- Prepare dishes where the ingredients are separate, so family members can assemble their own meal based on what they like.
- Rotate which family members favourite food is featured each night, while ensuring the meal remains flexible enough for others to enjoy. This could be offering a vegetable that they really enjoy if the other aspects of the meal are less favourable to them.



FAVOURITE FOODS

Challenge addressed: Family Mealtimes

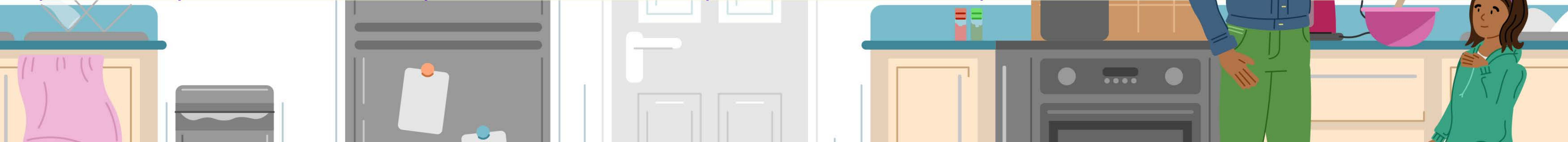
This is an activity to complete together as a family. Fill out the table below with the food that each family member likes. Don't worry if the list isn't very long at first. Over time, you can add more food items that each family member likes. Then, use this filled-in 'Favourite Foods' table with our 'Meal Planner' template (downloadable from the Parents' Toolkit website) to write a menu for the week. You can select at least one food from each family member's list of favourite foods in order to create a meal idea which includes one 'liked food' for each person on the table. You can keep this on the fridge so it is easy for everyone in the family to see and amend as their list of food likes grows and changes over time.

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FOR EXAMPLE...

	name likes	likes	likes	likes	likes
PROTEIN	chicken drumsticks, turkey, chicken breast, mince, steak, pork, lamb, salmon, tuna, tofu, sardines, prawns, peanut butter, mackerel, almonds, beans, sunflower seeds, seitan, lentils				
STARCHY CARBS	pasta, rice, boiled potatoes, mashed potatoes, pitta bread, wraps, chapatis, yam, cassava, cereal, plantain, porridge, bread, potato cakes, crumpets, crackers				
VEG	carrots, broccoli, cabbage, sweetcorn, peas, aubergine, beans, leeks, parsnips, cucumber, lettuce, butternut squash, beansprouts, peppers, celery, swede, radish				
FRUITS	apple, banana, orange, pear, peaches, grapes, pineapple, mango, melon, raspberries, kiwi, strawberries, blueberries, blackberries, clementine				
DAIRY PRODUCTS	plain yoghurt, milk, mozzarella, cheddar cheese, cottage cheese, paneer, soya milk, oat milk				



MEAL BINGO

Challenge addressed: Meal and Snack Inspirations

Use this Meal Bingo activity with your family to inspire what healthy meals your family might eat each week. Use the list of healthy meal options below to fill in the squares or add your own meal ideas. Then tick or cross the meals off your bingo sheet once you have enjoyed them. Each family member can use their own meal bingo sheet. Your child might want to draw and colour in their meal ideas. See who can complete meal bingo first!

If you enjoy playing Meal Bingo, you can also find the free Snack Bingo downloadable activity on the BBC Bitesize Parents' Toolkit website.

Scan for more information





Homemade burgers
Vegetable pasta bake
Eat-the-rainbow pizza
Veggie fajitas
Spaghetti bolognese
Vegetable noodle pancake
Homemade meatballs
Beany quesadillas
Chicken goujons and sweet potato wedges
Chilli con carne
Tuna fishcakes
Vegetarian tacos
Microwave jacket potatoes with choice of topping
Pitta pizzas

Find the above recipes on BBC Food under 'healthy recipes for kids'.

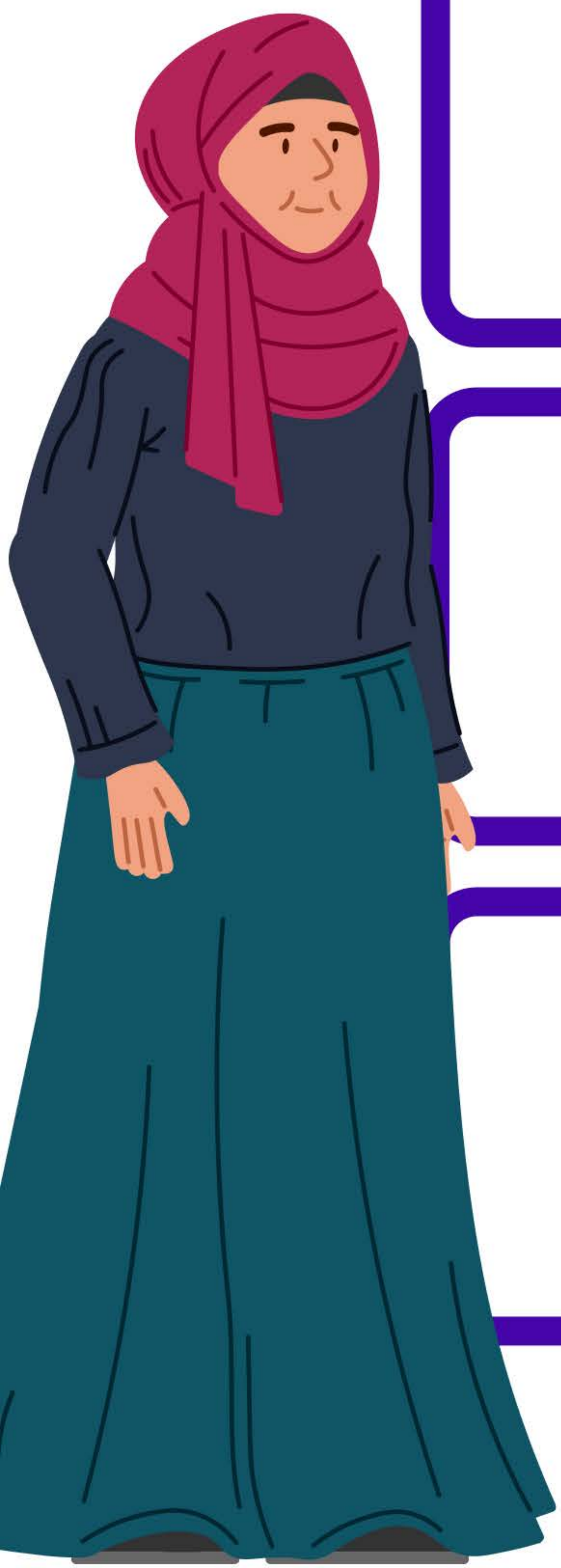
SNACK BINGO

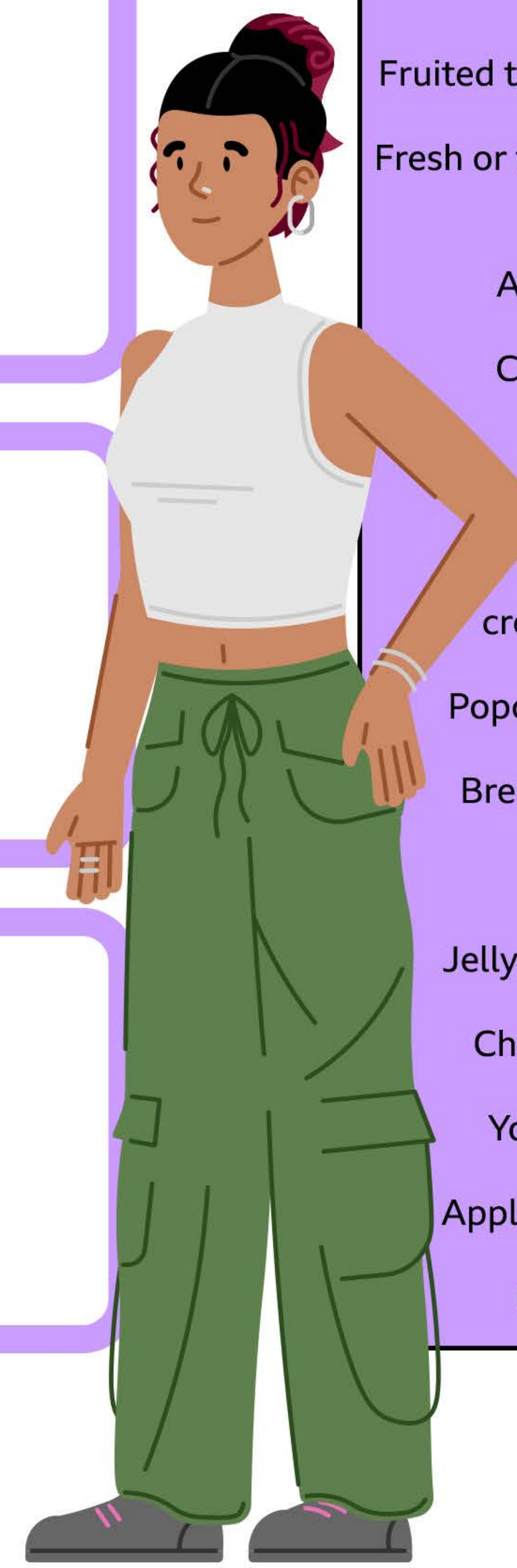
Challenge addressed: Meal and Snack Inspirations

Use this Snack Bingo activity with your family to inspire what healthy snacks your family might eat each week. Use the list of healthy snack options below to fill in the squares or add your own snack ideas. Then tick or cross the snacks off your bingo sheet once you have enjoyed them. Each family member can use their own snack bingo sheet, and select snacks that suit their own tastes. Your child might want to draw and colour in their snack ideas. See who can complete snack bingo first!

If you enjoy playing Snack Bingo, you can also find the free Meal Bingo downloadable activity on the BBC Bitesize Parents' Toolkit website.

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- A slice of malt loaf
- Fruited teacake / hot cross bun / scone
- Fresh or tinned fruit (in juice, not syrup) or fruit salad
- A scotch pancake & fruit
- Crumpet with nut butter & sliced banana
- Pretzels
- Crackers topped with cream cheese & cucumber
- Popcorn or flavoured rice cake
- Breadsticks / plain rice cakes
- Flavoured oat cakes
- Jelly or custard or rice pudding
- Chopped veg with hummus
- Yoghurt / Frozen yoghurt
- Apple slices & cheese / nut butter
- Dried breakfast cereal

SLEEP TRACKER

Challenge addressed: Sleep

Sleep is precious. The right amount of good quality sleep can improve mental wellbeing, attainment, concentration and even digestion. Fill in the sleep chart below to gain insight into your child's sleep. Use alongside the 'Meal Planner' resource (downloadable from the Parents' Toolkit website) to see any links between what your child eats and if this may have affected how they sleep. It's not a quick fix, habits take time to break, and changing food and drink won't work for every child.

Screen-free activity: Get your child involved and create your own comic strip together (below) before bedtime to relax.

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's sleep chart	Activity before bed	Bedtime	Time they fall asleep	Night waking times and why	Wake up time	Did you wake them?	Describe their mood/behaviour on waking
MON							
TUE							
WED							
THU							
FRI							
SAT							
SUN							



CREATE YOUR OWN COMIC STRIP!
(THEN COLOUR IT IN)

THE END!

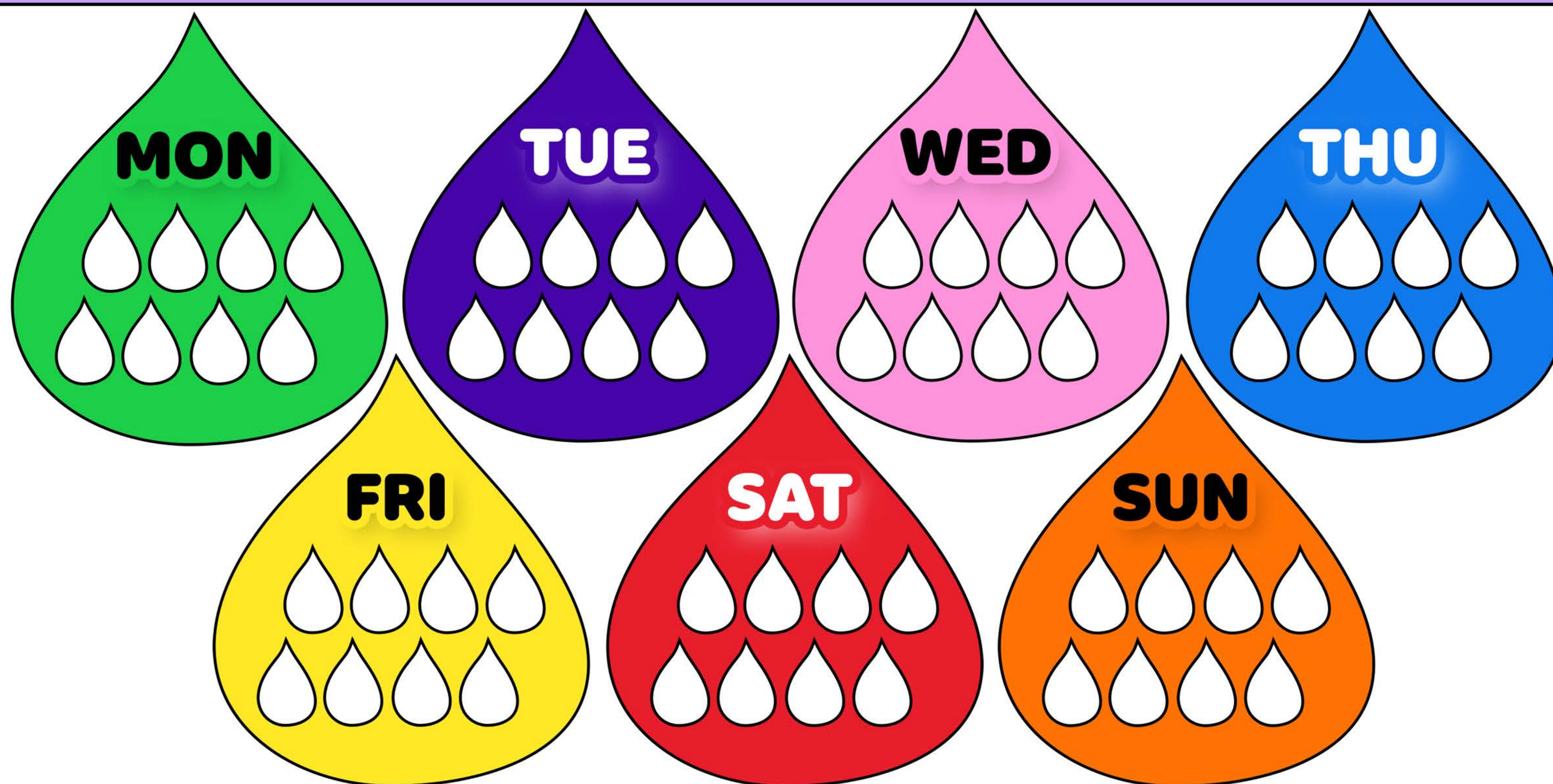
WATER TRACKER

Challenge addressed: Hydration

Ask your child to colour in a water droplet every time they've finished a drink. You can encourage your child to drink by turning it into a water-drinking challenge, and set a weekly goal based on the recommendations below. Your child may need more or less than the recommended amount of water, depending on the outcome of their poo and wee charts (find these activities on the Parents' Toolkit website via the QR code). You and your child could personalise and decorate their water bottles, for example with stickers.

Recommended amount of water per day: 1-3 years: 1,000mls (approx. 4 cups). 4-8 years: 1,300mls (approx. 5 cups). 8-13 years: 1,500mls-1,800mls (approx. 6-8 cups).

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This week _____

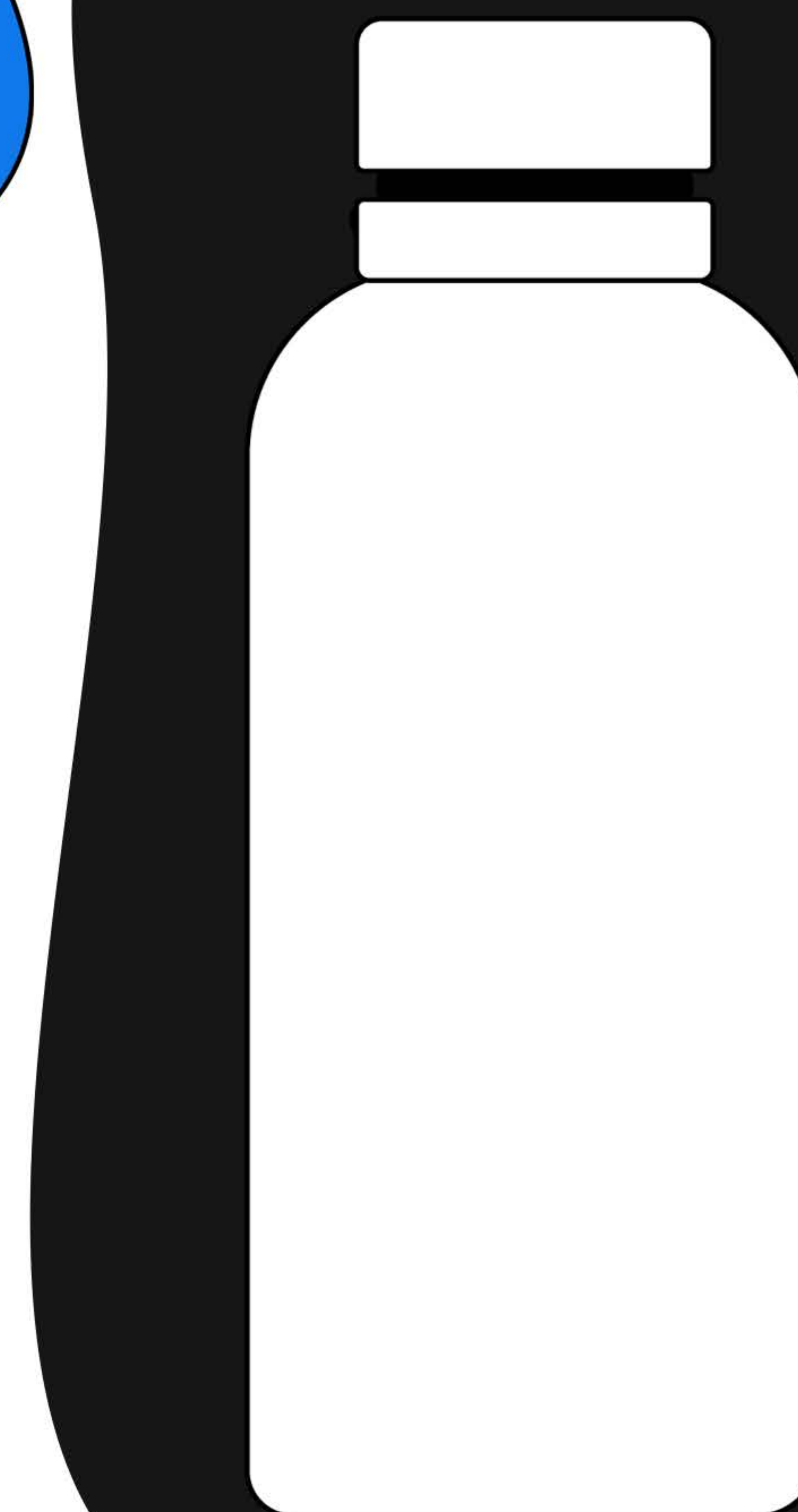
has completed the

water-drinking challenge!

Date: _____ Signed: _____



DESIGN A WATER BOTTLE



WEE TRACKER

Challenge addressed: Hydration

Check the colour of your child's urine against this colour chart to see if they're drinking enough fluids throughout the day. Involve your child by asking them to add a tick/ tally/ sticker under the colour column that their wee shows. If you notice blood in your child's urine (red or dark brown), seek advice from your GP. Please be aware that certain foods, medications and vitamin supplements can change the colour of urine. Use alongside 'Poo Tracker' and 'Water Tracker' from the Parents' Toolkit website to get an idea of your child's hydration levels. **Recommended amount of water per day:** 1-3 years: 1,000mls (approx. 4 cups). 4-8 years: 1,300mls (approx. 5 cups). 8-13 years: 1,500mls-1,800mls (approx. 6-8 cups).

Scan for more information



_____'s wee chart	Clear/very pale yellow: Hydrated		Pale/bright yellow: Mildly Dehydrated		Amber: Dehydrated		Burnt orange: Very dehydrated	
MON								
TUE								
WED								
THU								
FRI								
SAT								
SUN								



5 TIPS FOR TOILET TRAINING YOUNGER KIDS

1. Simple clothing, like elasticated waistbands, can help.
2. Encourage independent dressing - they will get better with practice.
3. Encourage hand washing as a habit.
4. Regular drinks will help them and their bladder capacity.
5. Talk to the professionals - teachers or health visitors can offer good advice.

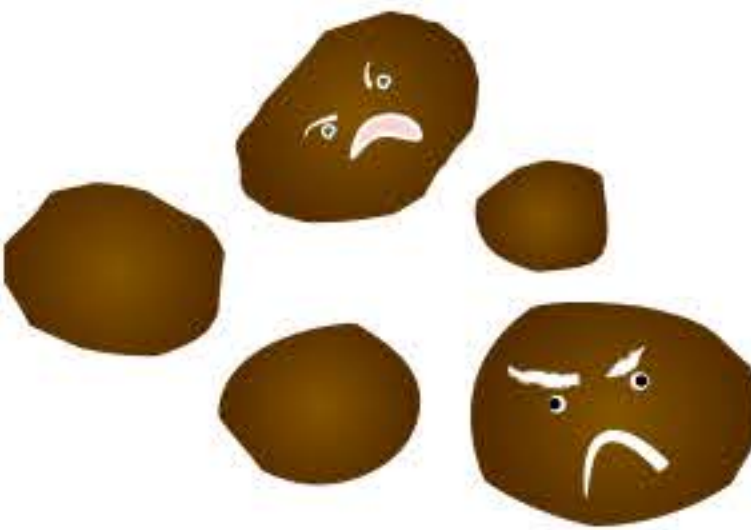
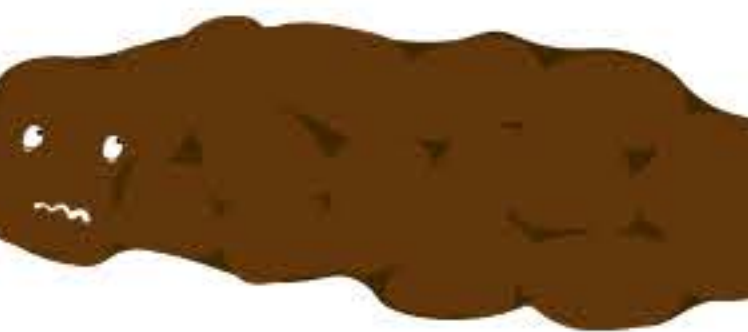
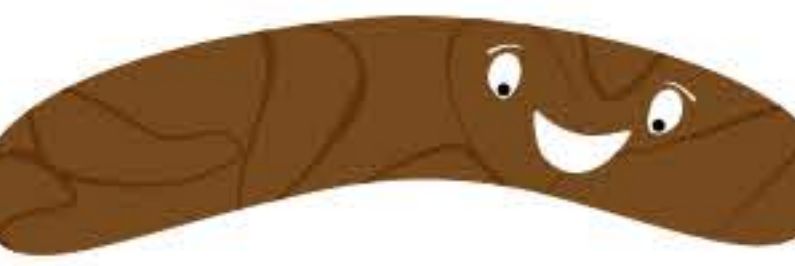

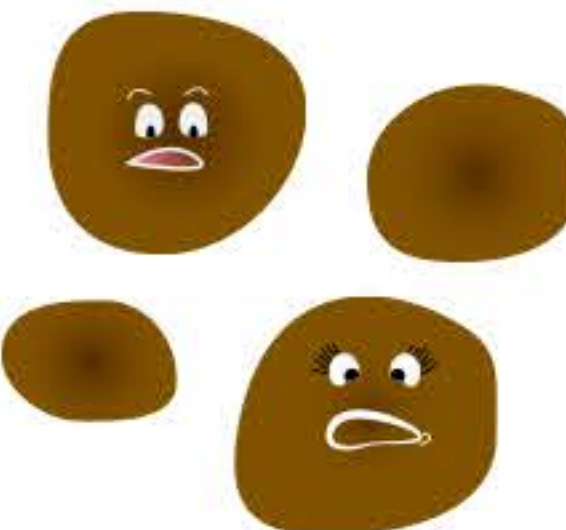


POO TRACKER

Challenge addressed: Hydration

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It's time to be POO DETECTIVES! Use the template chart to tally and note down with your child what their poo is like every day over one week. You can use stickers to make this more fun with younger kids. Use alongside 'Wee Tracker' and 'Water Tracker' from the Parents' Toolkit website to get an idea of your child's hydration levels. It is important to observe the colour of stool, as colours other than brown may indicate something is wrong. Please note, there may be other reasons why your child's poo is not quite right. Speak to your GP about any concerns. Recommended amount of water per day: 1-3 years: 1,000mls (approx. 4 cups). 4-8 years: 1,300mls (approx. 5 cups). 8-13 years: 1,500mls - 1,800mls (approx. 6-8 cups).

<p>_____ 's poo chart</p>	<p>Type 1: Constipation Separate hard lumps, like nuts (hard to pass)</p> 	<p>Type 2: Mild Constipation Sausage-shaped but lumpy</p> 	<p>Type 3: Normal Like a sausage, but with cracks on the surface</p> 	<p>Type 4: Normal Like a sausage or snake, smooth and soft</p> 	<p>Type 5: Lacking fibre Soft blobs with clear-cut edges (passed easily)</p> 	<p>Type 6: Mild diarrhoea Fluffy pieces with ragged edges, a mushy stool</p> 	<p>Type 7: Severe diarrhoea Watery, no solid pieces (entirely liquid)</p> 	<p>Extra information Note any extra information that might be relevant e.g. illness</p>
MON								
TUE								
WED								
THU								
FRI								
SAT								
SUN								

WHAT IS THE POO TELLING YOU:

TYPE 1 or 2:

Your child might be lacking fluids and fibre. Try increasing water intake and add more fruits and vegetables into diet.

TYPE 3 or 4:

Your child is having optimal poos! It is typical of people on a balanced diet and drinking enough fluids.

TYPE 5:

Your child might be lacking fibre. Try increasing fibre intake in diet.

TYPE 6 or 7:

Make sure your child drinks lots of fluids to replace the liquid lost, otherwise they might be dehydrated.

