



Caring for your child's environment
makes a real difference
to their growth
and health

Steps that make our children's nutrition healthier



Reading nutrition
labels and comparing
products



Planning meals in
advance and choosing
healthy ingredients



Involving children
in food preparation

Habits that protect our children's health



Encouraging play
and physical activity



Providing and sharing
balanced meals



Reducing
screen time



Ensuring sufficient,
regular sleep

Children adopting a healthy lifestyle includes:



Regular physical
activity



Healthy, balanced
nutrition



Reducing the risk of
chronic diseases and
premature death by

80%