

Healthy Snacks

Healthy foods and snacks will keep your kids more alert and ready to learn

Children who eat healthy foods will do better at school and have more energy for the whole day

Having a big healthy breakfast will set children up for a day of good learning, and having some healthy snacks during the day will help keep their energy levels up during the day.

Some healthy snacks options:

- Piece of fruit
- Yoghurt
- Carrot/cucumber sticks
- Dried fruit and nuts
- Cheese and crackers



Importance of exercise

Physical activity is necessary for children's growth and development

Exercise helps your kids with:

- growing strong bones and muscles
- having a healthy heart
- getting more energy
- developing social skills with other children

Limit time spent on the computer, playing video games and watching TV to less than two hours per day

Play games with your children and get them active as a healthy alternative

Aim for ONE HOUR a day of physical activity

Some healthy activities: board games, skipping, sports, walking, hoola hoops and swimming



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Healthy Eating and Active Lifestyles



HEAL Campaign

Having good nutrition and being active is an important part of children's development.

Eating healthy food ensures that children have all the nutrients required for growth.

Different nutrients are needed to grow muscle, strong bones and keep all your organs healthy so that they can grow up to be strong healthy adults



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The Rainbow Concept

Growing up you may have been told to eat your greens, but what about your reds, oranges, yellows and purples?

To get all the nutrients needed for growth and health, your kids need to eat lots of different coloured fruits and vegetables – or we call it eating across the rainbow.

The different colours have different nutrients in them, and have different health benefits.

Benefits of different colours

Red – Healthy heart, memory function and urinary tract health. Examples: Apples, tomatoes, pomegranate, red peppers and watermelon

Yellow/Orange – healthy immune system, lowers risk of some cancers, vision health. Examples: capsicum, carrots, orange, rockmelon, papaya, corn, pumpkin and mango

Purple – improves circulation, prevents blood clots and anti-aging. Examples: eggplant, red cabbage and grapes

Green – lowers blood pressure, improves immune system and vision health. Examples: cabbage, beans, lettuce, zucchini, and cucumber, spinach, broccoli

Brown/White – anti-viral and bacterial, lowers risk of some cancers. Examples: potato, mushrooms, banana, garlic, ginger and onions

Re-Think what your kids drink

The only necessary drinks for healthy children are milk and water.

Children above 2 years of age should be given skim milk or low fat milk, which contains less fat but has the same levels of nutrients, including calcium content, as in full cream milk.

Sugary juices and energy drinks are bad for children and can harm their development due to the high levels of sugar and caffeine.



Caffeine is dangerous for children as it draws the calcium out of the bones. In addition to weak bones, caffeine can also cause headache, upset stomach, dehydration and can lead to children having trouble sleeping.

Flavoured milk is less healthy than normal milk, as it contains high levels of sugar and food colouring as does a lot of packet juices. It's less healthy than normal milk.

Fizzy drinks are also full of sugar and has no vitamins or minerals

Sugar is harmful to children's teeth, and can cause decay and rotten teeth

Processed food

Processed foods are usually high in fat, sugar, salt and preservatives, making them unhealthy options for children.

Examples: sausages, chicken nuggets, biscuits, chips, cake, hotdog and sausage rolls

Sausages contain less than 40% meat and more than 30% fat

Sausages and chicken nuggets have low quality meat with few nutrients

Processed foods, sugary drinks and flavoured milk should given less than once a week or on special occasions.



5 A Day
Eat a Variety of Colorful
Fruits and Vegetables
Every Day