



Northern
Territory
Government

Healthy meals and snacks give kids the energy they need to grow and learn.

- Fruit is a good snack and full of vitamins.
- Mashed vegetables are good for babies before they have teeth.
- Sandwiches are a healthy lunch for kids.
- Baked beans give kids lots of energy.



Healthy foods help kids to concentrate, think and remember. Kids with a healthy diet are ready to learn.



Families as First Teachers

helping families helping children

Healthy Foods for Kids

a smart Territory
fresh ideas | real results

Healthy food is the fuel for learning

- Eating good food every day makes strong bodies.
- Breast milk protects babies from disease and helps them grow strong.
- Junk food is a 'sometimes' food. Keep junk food as a treat once in a while.
- Tea isn't good for babies it makes their blood weak in iron.

Healthy foods help kids to grow up strong

- Meat helps kid's brains and muscles grow strong.
- Rice, bread and pasta give kids lots of energy to play, learn and grow.
- Fruit and vegetables everyday give kids vitamins to keep them healthy.
- Milk, cheese and yoghurt help kids grow strong bones and teeth.

Healthy kids eat well everyday

- Breast feeding is best for babies. It is the only food they need for the first 6 months of life.
- Bush tucker is good for keeping kids healthy.
- Meat and green leafy vegetables are high in iron.
- Fish is a good food for kids. It keeps them strong.

