

Healthy habits for thriving kids

**3 to 17
years**

Healthy eating gives your child energy to play, grow and learn

Movement and sleep help with health, mood and focus



Start each day with a healthy breakfast

This helps your child to focus. Healthy options include porridge, low-sugar wholegrain cereal, eggs, wholegrain toast, rice, veggies, fruit and yoghurt.



Offer a variety of foods from the 5 food groups

To support good health, include plenty of vegetables, fruit, cereals and grain foods, dairy or plant-based alternatives with added calcium, and meat, chicken, fish, seafood, eggs, beans/legumes, nuts and seeds.



Offer healthy snacks

Healthy snacks can give kids energy between meals. Try fruit, veggies, nuts, yoghurt or wholegrain bread/crackers and cheese.



Drink plenty of water each day

Water is the best drink for growing minds and bodies. It also helps keep teeth and gums healthy.



Eat together when you can

Sharing and cooking meals together encourages kids to try different healthy foods. It's also a great way to spend time as a family.



Brush teeth in the morning and before bed

Healthy teeth and gums help us smile, speak, eat and socialise.



Be active each day

3 to 5 years: at least 3 hours being active. Including 1 hour energetic play.

5 to 17 years: at least 1 hour doing things that make the heart beat faster and build strength. Plus several hours of light physical activity such as walking to school.



Balance screen time and sitting with other activities

Break up screen time and sitting with activities that help support development. Limit screen time to:

3 to 5 years: no more than 1 hour a day.

6 to 17 years: no more than 2 hours a day (not counting school activities).



Follow a bedtime routine to help kids get enough sleep.

Aim for:

3 to 5 years: 10 to 13 hours (including naps) each day.

6 to 13 years: 9 to 11 hours a night.

14 to 17 years: 8 to 10 hours a night.

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