

For Families
with Children in
Year 1, 2, 3 and 4.

NHS
Nottinghamshire Healthcare
NHS Foundation Trust

HEALTH FOR KIDS

2025



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✨ My reward chart ✨

Use this chart to set yourself a little task everyday. Remember to tick it off when you have completed it. good luck!

Task	Mon	Tues	Weds	Thurs	Fri



All about me:



My first name is

This magazine is designed
to help you look after your
health and wellbeing!

I am

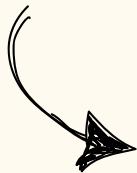
years old

My favourite food is

My favourite drink is

My favourite activity is

This is me

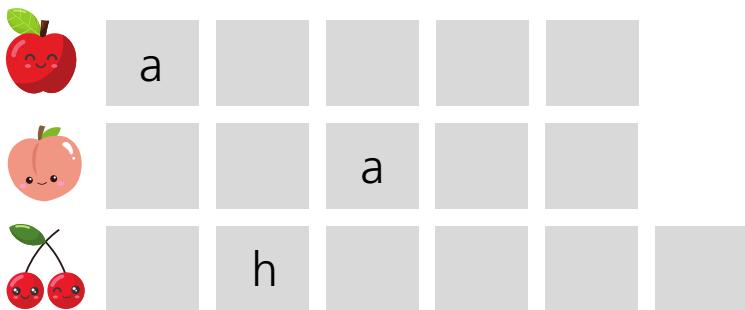


Draw yourself here:

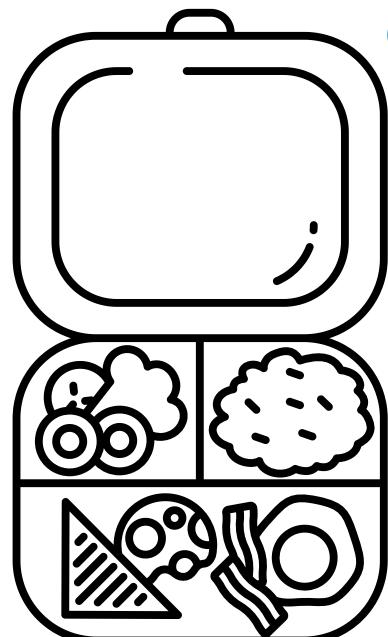


Healthy Eating

Complete the spellings:



Colour me in!



Healthy Counting

- How many lemons are there?
- How many kiwis are there?
- How many strawberries are there?

Answers: a. 4, b. 2, c. 7



Lunch Box Game

Draw a line to the foods you will put in your lunch box.



Fun Fact:

It is important that we eat a variety of different foods, but we must be very careful if they contain sugar. Foods and drinks that contain sugar should be kept to mealtimes only to help protect our teeth.



H2O is the way to go!

It is very important to drink plenty of water throughout the day. Drinking water will help to keep you hydrated, which helps to keep you well. Forgetting to drink water may make you feel poorly. Water is good for our brain, body, teeth and our wellbeing.

Sugar is clever! It hides in lots of our drinks. Guess how many teaspoons of sugar is in these drinks?



Drinks item	Quantity	Number of teaspoons
Cola	1 can = 330ml	
Energy drink	1 bottle = 500ml	
Takeaway milkshake	Medium milkshake	
Water	1 bottle = 500ml	
Orange Squash	Cup = 200ml	
Carton of fruit juice	Carton = 200ml	



(55g), carton of fruit juice = 4 teaspoons (21g), water = 0 teaspoons, orange squash = 3 teaspoons

answers: Cola = 7 teaspoons (35g), energy drink = 1 teaspoons (56g), takeaway milkshake = 1 teaspoons



Draw your own water bottle label, cut it out and stick it on your bottle.



Cut the label out and stick it around your drink bottle!



Cucumber, lemon and strawberries are flavourful ways to jazz up your water!



Keeping our Bodies Healthy

Hair

Brush your hair at least once a day. Wash your hair regularly. Ask your friends to share hair styling tips.



Hands

Wash your hands often to get rid of germs. Especially after you have been to the toilet and before eating a meal! It is important to look after your nails, keep them clean. (A nail brush will help.)



Clothes

Remember to change your clothes regularly, especially in the summer as we sweat more.



Feet

Remember to change your socks every day. Keep your feet and toe nails clean.



Face

Wash your hands and face in the morning and at night before you go to bed.



Teeth

Brush your teeth for two minutes twice a day, especially at night.



Body

You should be having a bath or shower with soap regularly. Remember to clean under your armpits to get rid of those sweaty smells!



FUN FACT

Healthy diet can lead to a better mood, better sleep and can help you feel more awake throughout the day!



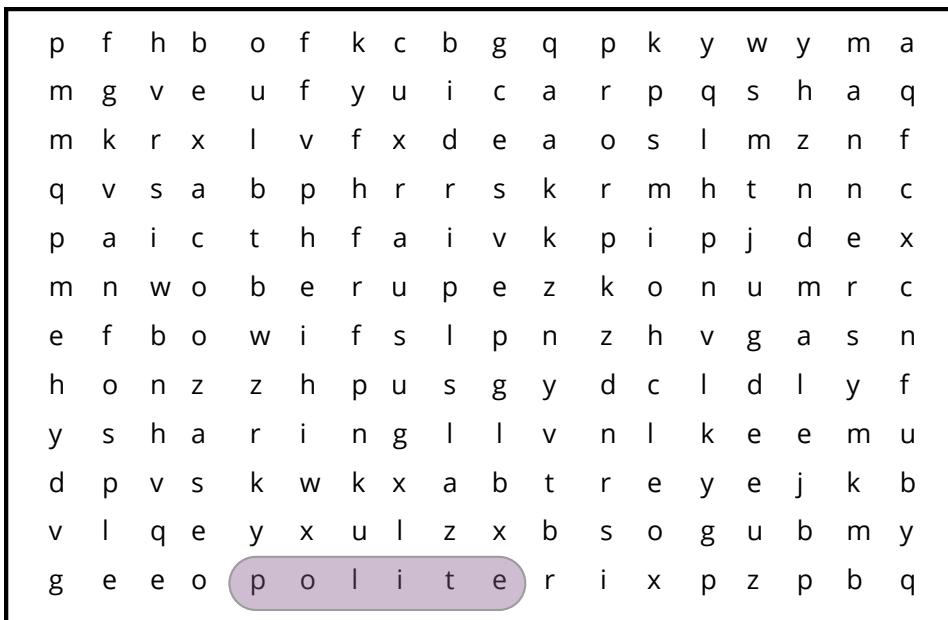
Friends are important, but a friend would not encourage you to do or try something that you don't want to. Be brave and say NO if you do not want to take part. Find someone to talk to and they can help you be strong.

Friendships



Thank you
Please Pardon
Sorry You're welcome
Excuse me May I...

Word Search



Find and circle the words
from the list:

Friendly

Helpful

Grateful

Polite

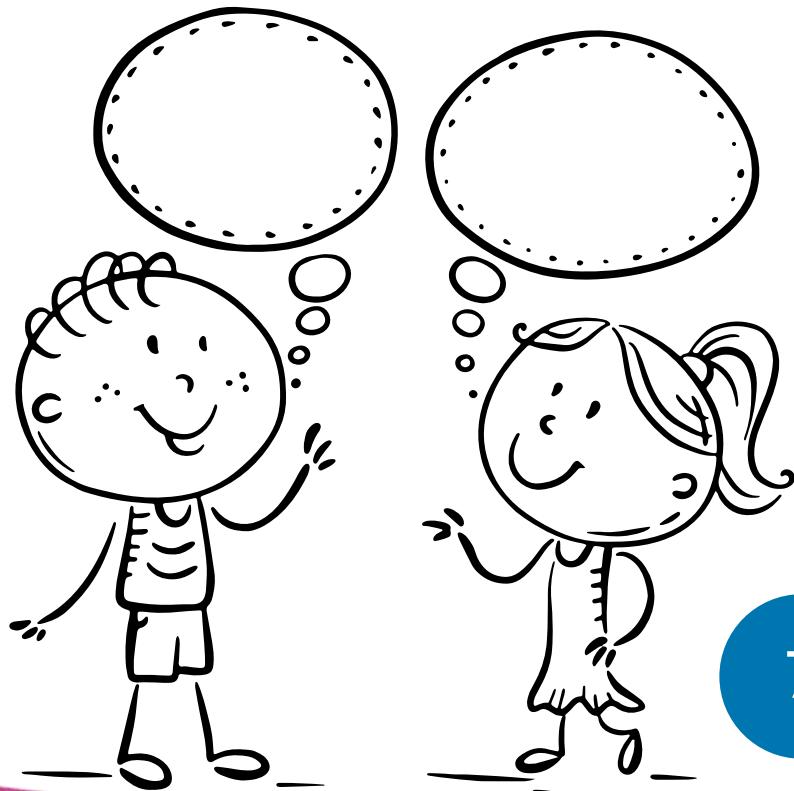
Manners

Caring

Sharing

Happy

“
Colour in the picture
above and add some
friendly words in the
thought bubbles.
”



Let's Get Busy

Work out the sums below:



= 3



= 5



= 6



= 8

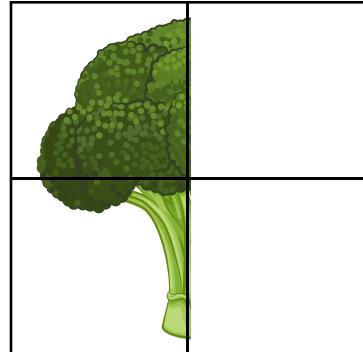
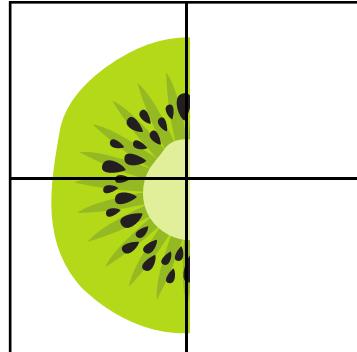


= 2

	+		$3+5 =$	<input type="text"/>
	\times		$=$	<input type="text"/>
	+		$=$	<input type="text"/>
	+		$=$	<input type="text"/>
	\times		$=$	<input type="text"/>

Answers: 8, 189, 11, 8, 10.

Symmetry! Complete the pictures below by drawing the other half.



Top Tip!



We need to do at least 60 minutes of activity a day to help us stay happy and healthy. We need to do it to burn off energy and help our muscles and bones grow strong.

Can you think of a fruit or vegetable beginning with each letter of the alphabet?

a	n
b	o
c	p
d	q quinoa
e	r
f	s
g	t
h	u
i	v
j	w
k	x
l	y
m	z zucchini

Banana Bread Bites Recipe

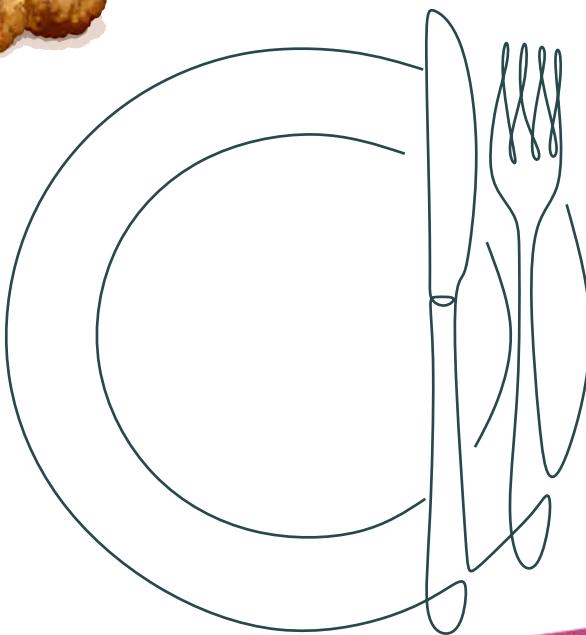
Ingredients:

Mashed bananas
Chocolate chips
Oats
Cinnamon
Vanilla



Instructions:

1. Mix all of the ingredients together
2. Divide in the dough into 12-15 balls
3. Place on a tray and pop them into the fridge!
4. Once set, put them into a container and keep them in the fridge for up to 5 days.



Draw your favourite meal



Healthy Smile

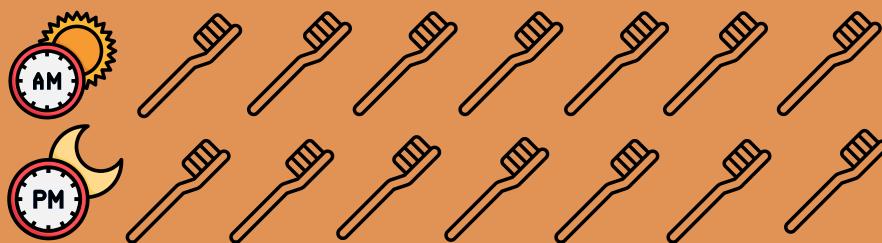


Children over the age of 3 should use a pea sized amount of fluoride toothpaste.



Toothbrush chart!

It is important that you brush your teeth last thing at night and first thing in the morning. Colour in the toothbrush after you have brushed your teeth!



How to find a dentist

You can find an NHS dentist near you by searching 'find a dentist' on the NHS website!

Scan me to find a dentist



Cut and stick (or draw a line!) - What is healthy and unhealthy for your teeth?

Healthy for teeth

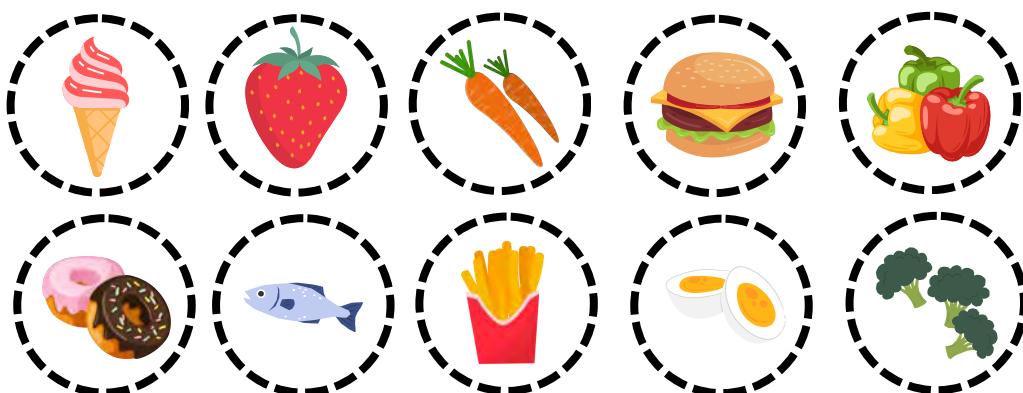


Unhealthy for teeth



Do you know what the coloured bristles are on your toothbrush?

The colour at the bottom is where you add your toothpaste!



Top Tips for Families

Here are some contacts you may find useful:

Health for Kids website:

A website that hosts information for adults and fun activities for children.



www.healthforkids.co.uk



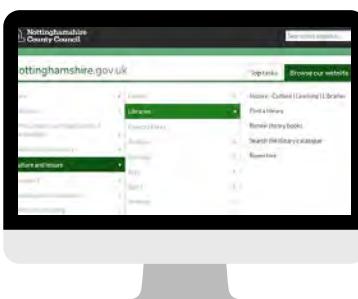
SCAN ME



Find your local library:



www.nottinghamshire.gov.uk/culture-leisure/libraries



SCAN ME



Find your local children centre/family hub:



www.nottinghamshire.gov.uk/care/early-years-and-childcare/childrens-centre-service



0300 500 80 80



SCAN ME



Advice line:

Contact your Healthy Family Team for support, advice and guidance.



0300 123 5436



Parentline:

A text messaging service for parents and carers of children aged 0-19.



07520 619919

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YOUR CHILD'S FAB HEALTH!

FOOD, ACTIVITY, BALANCE

FREE SUPPORT & ADVICE FROM
NUTRITIONISTS & PERSONAL TRAINERS

HELPING FAMILIES TO EAT WELL AND MOVE MORE

Parent/Carer Virtual Group

1:1 Telephone Support

Physical Activity Groups

To find out more:
Call us on 0115 7722515
or scan the QR code



Your Health
Notts





Thank you to all the families, teachers and children that have helped make our magazine so informative and filled with fun.
An extra special thank you to our editors below.

Editor: Julia Wilkinson, Senior Health Promotion Specialist
Laura Pietryka, Digital Communications Officer

Health for under fives:



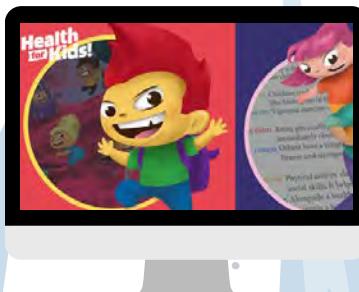
<https://healthforunder5s.co.uk>



Health for kids:



www.healthforkids.co.uk



Health for teens:



www.healthforteens.co.uk

