

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



# HEALTH FOR KIDS 2025





# CONTENTS

Guten Tag

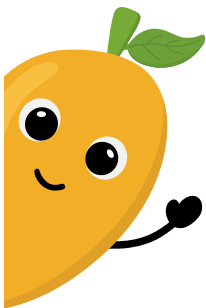
Geia

Bonjour

Muraho

Olà

Wabula



3

All about me

4-5

Healthy eating

6

Healthy bodies

7

Friendships

8

Playtime

9

Healthy smile

10

Top tips

11

Support and advice

Halo

Hello

Hej

Hei

Ciao

Konnichiwa



## 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!



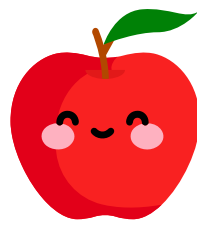
Task	Mon	Tues	Weds	Thurs	Fri

You Did It!

2



# All about me:



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

My first name is

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:



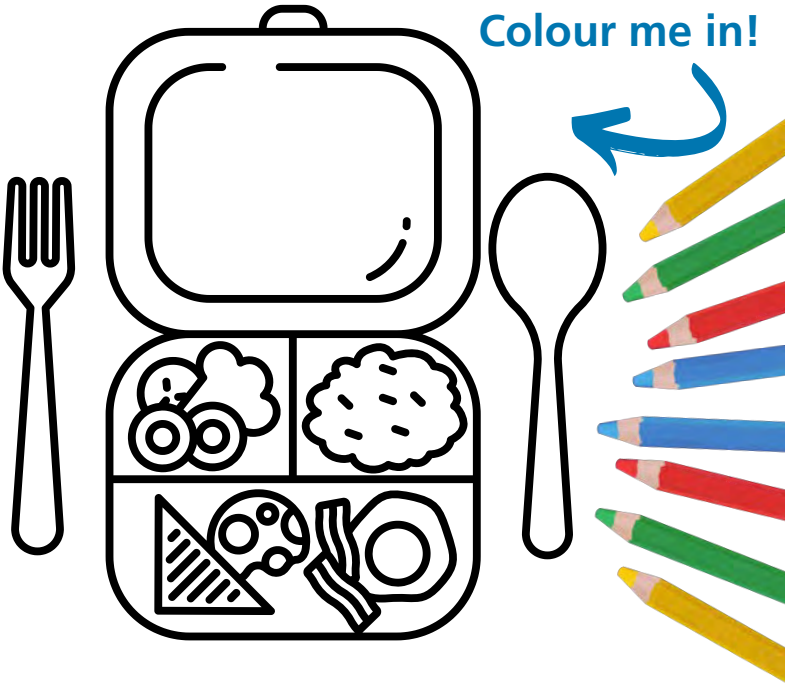
a				
---	--	--	--	--



		a		
--	--	---	--	--



	h				
--	---	--	--	--	--



# Healthy Counting

- a. How many lemons are there?
- b. How many kiwis are there?
- c. 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?

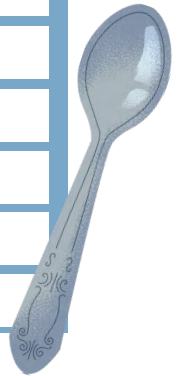


Drinks item	Quantity	Number of teaspoons
Cola	1 can = 330ml	
Energy drink	1 bottle = 500ml	
Takeaway milkshake	Medium milkshake	
Water	1 bottle = 500ml	
Orange Squash	Cup = 200ml	
Carton of fruit juice	Carton = 200ml	

answers: cola = 7 teaspoons (35g), energy drink = 11 teaspoons (56g), takeaway milkshake = 11 teaspoons (55g), carton of fruit juice = 4 teaspoons (21g), water = 0 teaspoons, orange squash = 3 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.

## Face



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

## 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.)

## 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!

## 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.



## 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

FRIENDSHIP



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

## Word Search

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

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

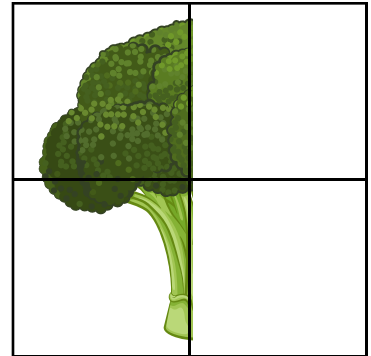
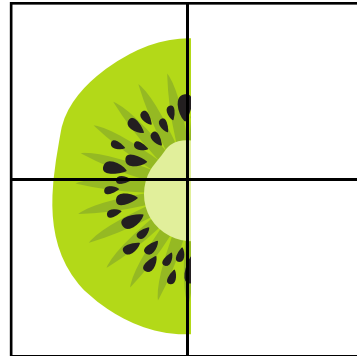


= 2

	+		=	<input type="text"/>
	×		=	<input type="text"/>
	+		=	<input type="text"/>
	+		=	<input type="text"/>
	×		=	<input type="text"/>

Answers: 3, 15, 8, 11, 11, 8, 10

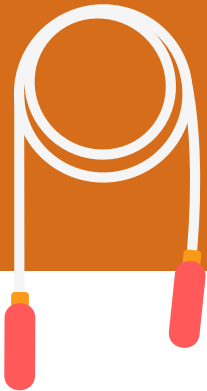
Symmetry! Complete the pictures below by drawing the other half.



## 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

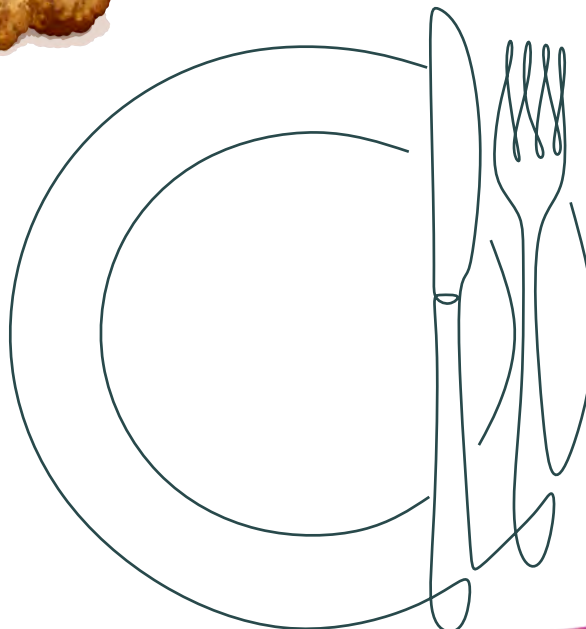


### Ingredients:

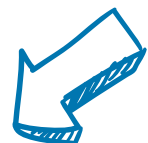
Mashed bananas  
Chocolate chips  
Oats  
Cinnamon  
Vanilla

### 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



1



Tickle those teeth twice a day for two minutes, especially at night



2



Limit sugary food and drinks to mealtimes only



3



Visit a dentist regularly. You can find a dentist at [www.nhs.uk](http://www.nhs.uk)



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

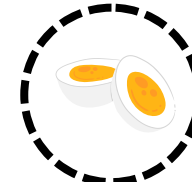
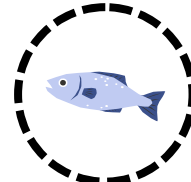
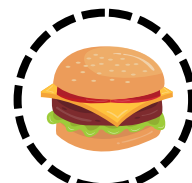
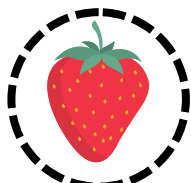


Unhealthy for teeth



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

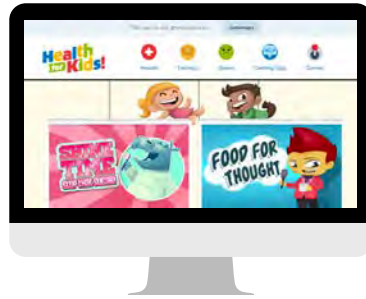
Here are some contacts you may find useful:

## Health for Kids website:

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



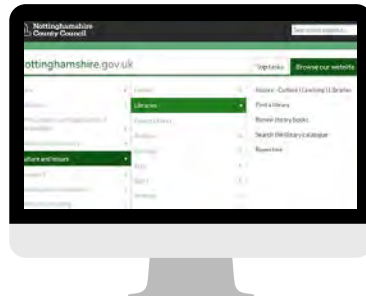
[www.healthforkids.co.uk](http://www.healthforkids.co.uk)



## Find your local library:



[www.nottinghamshire.gov.uk/culture-leisure/libraries](http://www.nottinghamshire.gov.uk/culture-leisure/libraries)



## Find your local children centre/family hub:



[www.nottinghamshire.gov.uk/early-years-and-childcare/childrens-centre-service](http://www.nottinghamshire.gov.uk/early-years-and-childcare/childrens-centre-service)



0300 500 80 80



## 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





# 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](http://www.healthforkids.co.uk)



Health for teens:



[www.healthforteens.co.uk](http://www.healthforteens.co.uk)

