

For Families  
with Children in  
Year 5 and 6

NHS  
Nottinghamshire Healthcare  
NHS Foundation Trust



# HEALTH FOR KIDS 2025

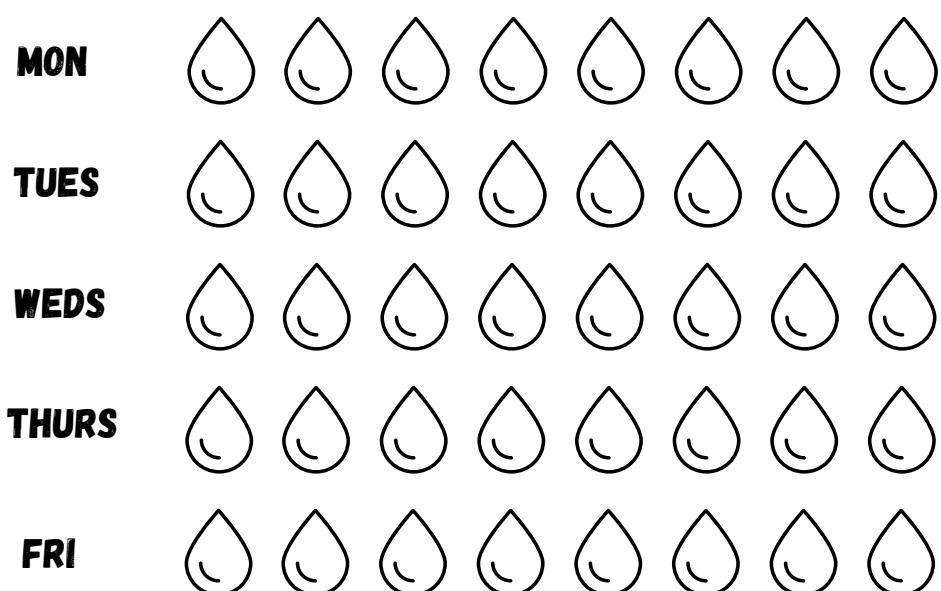
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 = 1 GLASS

## My Daily Water Tracker



**AIM FOR 5 CUPS OF WATER A DAY**



# All about me



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

My first name is

I am

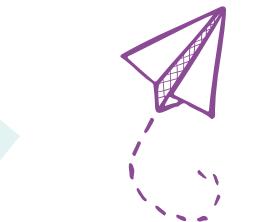
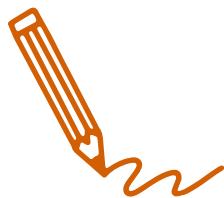
years old

My favourite food is

My favourite drink is

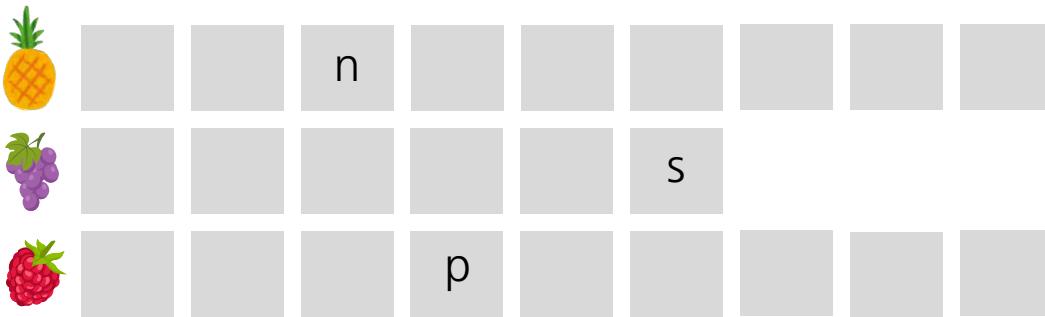
My favourite activity is

Sketch yourself here:



# Healthy Eating

Complete the spellings:



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.



A healthy lunch box will include:

Items for your lunchbox	For example	Health & nutrition benefits
A portion of starchy foods	Meat, eggs, rice, beans	Helps your body to grow and repair
A portion of fruit	Apple, grapes, oranges	For strong bones and teeth
A portion of vegetables	Carrots or cucumber sticks	For vitamins and minerals
A drink	Water is great	For vitamins and minerals
A portion of calcium	Yoghurt, cheese, milk	To keep you hydrated
A portion of protein	Bread, rice or pasta	Gives you energy

## Quiz time!

Which of these would be the healthiest food choice for dessert?

Question 1:

- Chocolate
- Fruit
- Cake
- Ice cream

Which food is part of the vegetables food group?

Question 2:

- Pineapple
- Chicken
- Oats
- Carrot

How many food groups are there?

Question 3:

- One
- Five
- Three
- Four

Tick the box next to the answer you think is correct.



How many fruits and vegetables should you try and eat per day?

Question 4:

- Three
- Ten
- Five
- One

Answers: Fruit, pepper, five, five.

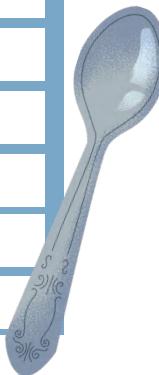
# H2O is the way to go!

It is very important to drink plenty of water throughout the day. Drinking water will keep you hydrated which will make you feel better. Forgetting to drink water will have an impact on your health, weight, well-being and motivation.

**Sugar is clever! It hides in lots of our drinks. Guess how much 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	
Caramel latte	Cup = 200ml	
Carton of fruit juice	Carton = 200ml	

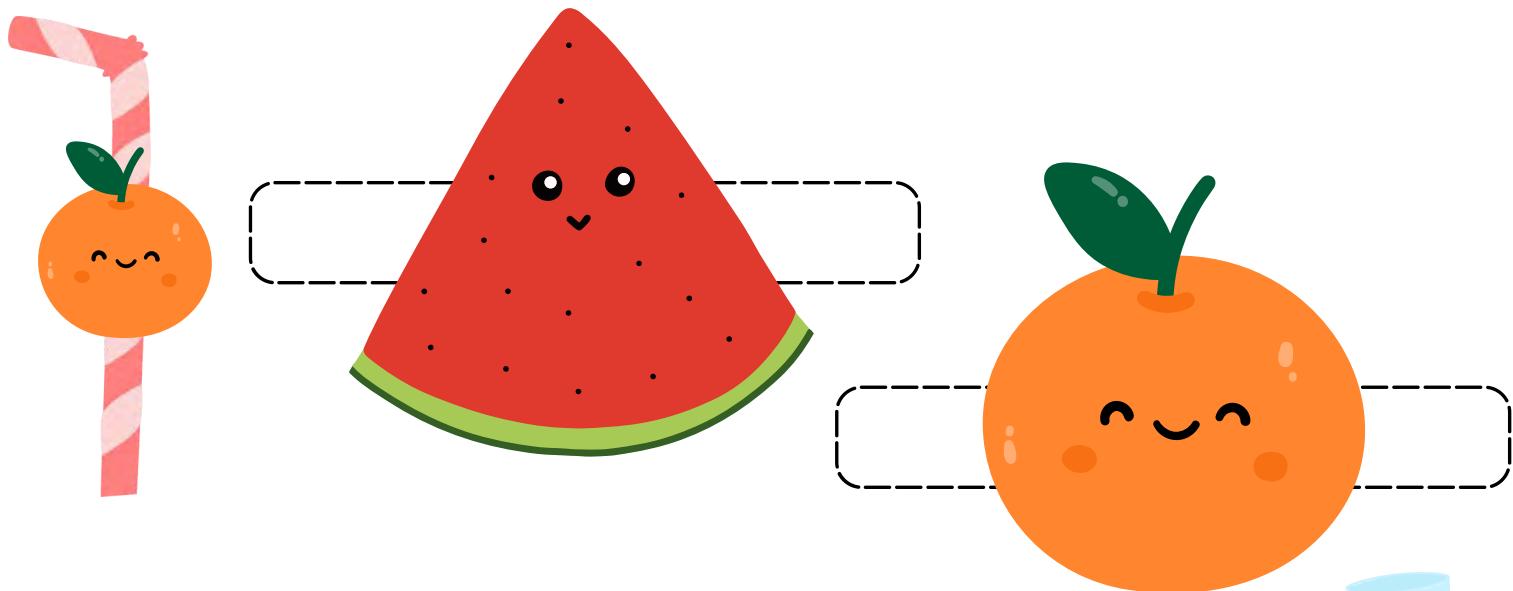


Answers: Cola = 7 teaspoons (35g), energy drink = 1 teaspoons (21g), water = 0 teaspoons, caramel latte = 1 teaspoons (55g), carton of fruit juice = 4 teaspoons (21g), Medium milkshake = 7 teaspoons (56g), takeaway milkshake = 1 teaspoons (35g).

## Make fun straws!

Drinking out of a straw helps to drink more water daily!

Make your straws fun but cutting the fruit characters out below.



**if you make ice cubes, dont forget you could add fruit to them**



# 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.



How long does it take to do your morning routine?

## Face

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



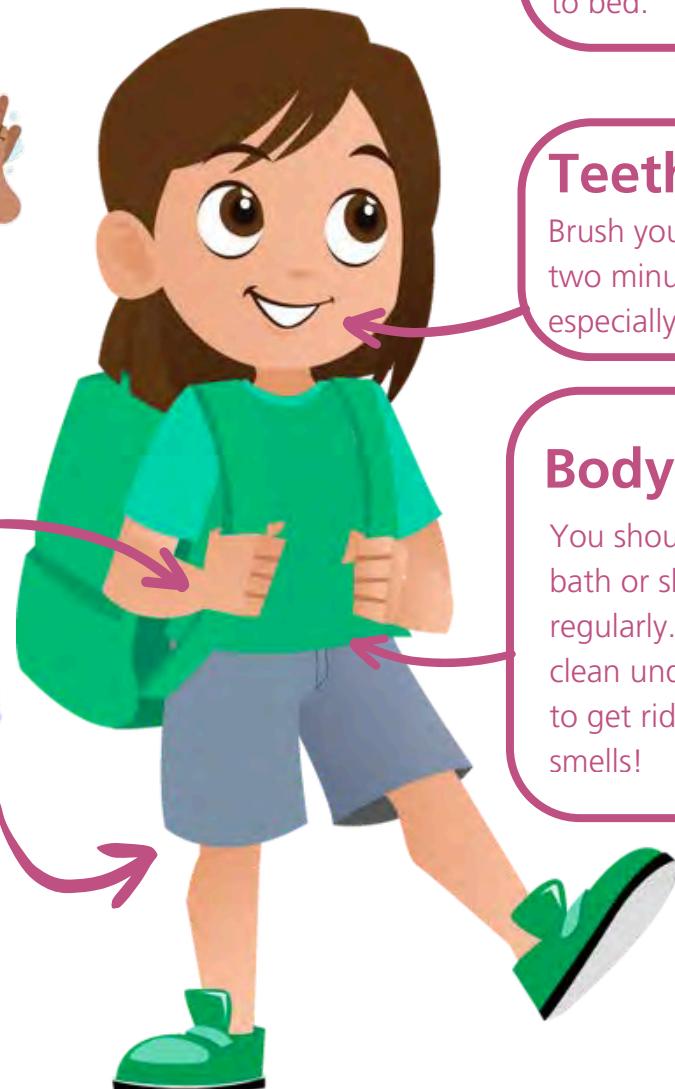
## Teeth

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!



## Morning routine checklist:

- Hair
- Hands
- Clothes
- Feet

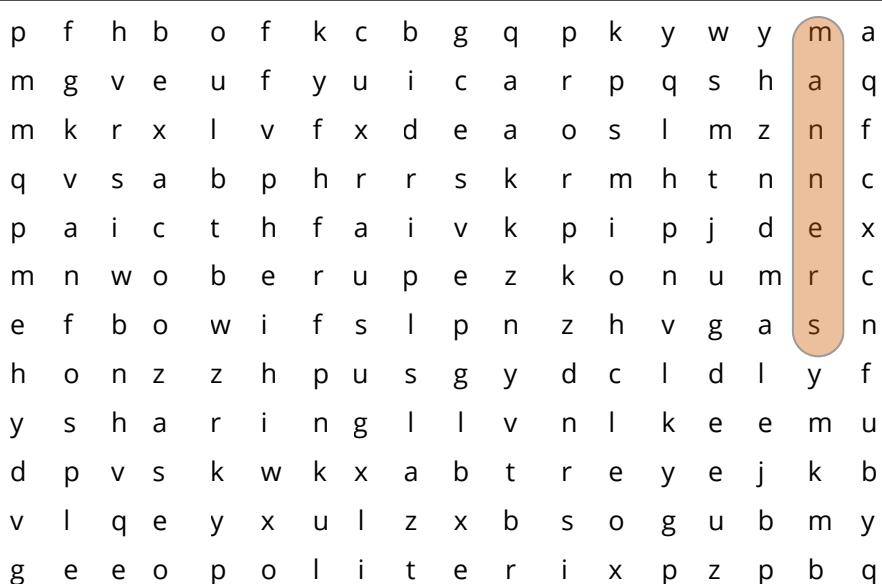
- Face
- Teeth
- Body

# Friendships

Can you use any of these kind words today?

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

## Word Search



Compliment a friend:



Find and circle the words from the list:

Friendly

Helpful

Grateful

Polite

Manners

Caring

Sharing

Happy

If someone is being unkind to you, it is really important that you tell someone.

Copy the hand signals below to say 'hello' in sign language!



# Let's get busy!

Work out the sums below:

= 2	= 5	= 6	= 7	= 8

= 2	= 7	= 8	= 9	= 10

	$+$		$2+6 =$	<input type="text"/>
	$-$		$=$	<input type="text"/>
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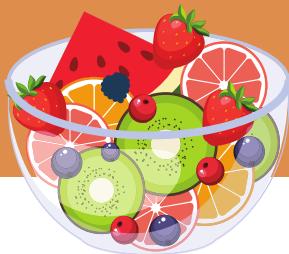
	$+$		$10+2 =$	<input type="text"/>
	$-$		$=$	<input type="text"/>
	$-$		$=$	<input type="text"/>
	$\times$		$=$	<input type="text"/>
	$\times$		$=$	<input type="text"/>

Answers: 12, 7, 1, 20, 6, 10, 12.

Answers: 12, 7, 1, 20, 6, 10, 12.

## Fruit salad recipe!

Cut up your favourite fruits and add them all into a bowl. Some fruits you may want to include might be kiwi, mango, pineapple, berries, apple, oranges and grapes. You can even put your fruit onto kebab sticks to make it even more fun!



## What would you put on your shopping list?

Think of some healthy foods you could add to the shopping list below.

<input type="checkbox"/>	<input type="checkbox"/>



What is your favourite form of exercise? - Exercise can include walking up the stairs and gardening! All movement matters.



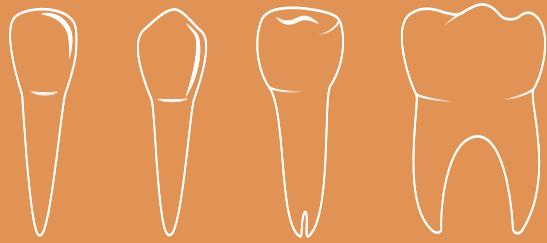
# Healthy Smile



Fun fact: The average person will spend 38.5 days brushing their teeth over their lifetime.



## We have different types of teeth



answers: incisors, canine, premolar, molar

1. I \_\_\_\_\_
2. C \_\_\_\_\_
3. P \_\_\_\_\_
4. M \_\_\_\_\_

## 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



## Crossword

### Clues

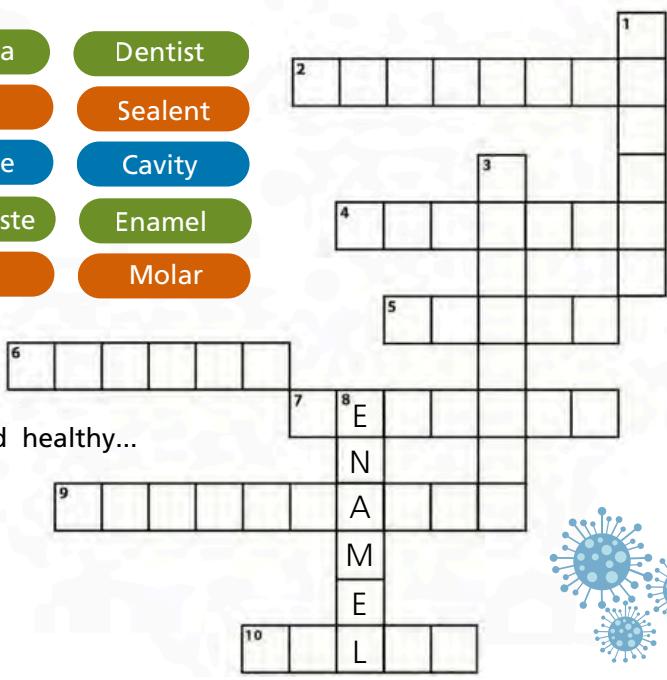
#### Across

2. The tiny germs that cause decay are called...
4. A special dental coating that coats your teeth to help prevent tooth decay...
5. Cleans between teeth...
6. Fluid in your mouth that covers your teeth and helps break down food...
7. You should visit this place twice a year to keep your mouth healthy...
9. What you put on your toothbrush to keep your teeth clean and healthy...
10. Type of tooth for chewing at the back of your mouth...

#### Down

1. The most common dental problem young people may have...
3. Water with ..... can help protect your teeth...
8. The hard outer covering of a tooth is called...

Bacteria	Dentist
Saliva	Sealant
Fluoride	Cavity
Toothpaste	Enamel
Floss	Molar



It is the fizz that does the bizz. Remember the fizziness hurts your tooth enamel even if it is a diet fizzy drink

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# 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)



SCAN ME



## Find your local library:



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

0300 500 80 80



SCAN ME



## Advice line:

Parents can contact the Healthy Family Team by phone 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



# CERTIFICATE

Proudly presented to :

For taking care of your  
health and wellbeing!



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)

