

Holiday time!

Christmas is fast approaching! While it can be a pressured time of year, it is also a great opportunity for family activities and making the most of summer fruits and vegetables. Remember the importance of role modelling - with a little forward planning, it is possible to eat well and be active.

Try to plan something everyday that involves physical activity. This could be a bike-ride, walk or visit to a swimming pool or you could try some of the following ideas:

- Balloon Hackey! This is a great way for young children to practise coordination skills and have fun. Keep a balloon up in the air by tapping it with different parts of the body – elbows, knees, head, toes, shoulder, hands, nose etc. The aim is to keep the balloon off the floor for as long as possible.
- Balloon Volley! Set up two solid chairs with a piece of string tied between them to make a net. Hit the balloon with both hands to make it go over the string. Someone on the other side hits it back. Keep the balloon going back and forwards without letting it touch the ground.
- A Nature Treasure Hunt – Draw a range of different shapes or objects on a piece of paper eg leaf, stick, flower, stone. Get children to go on a hunt in search of all the drawn objects and shapes. You could set a time limit for older children.
- How about taking your children strawberry or raspberry picking?

It is also a good idea to keep activity in mind when buying children's Christmas gifts

- Choose activity based presents such as a Frisbee, skipping rope, sports balls, scooter, bicycle, hula-hoop, skateboard, hackey sack, music tapes or a T-ball set.
- Other gifts that entice children away from the computer or the TV, with its constant food advertising, are a good idea too. Try card games, craft kits, board games, jigsaw puzzles, books, sandpit or paddling pool toys etc.

Make the most of summer fruits with some healthy snack ideas:

- Berry fruit smoothie – blend strawberries/raspberries (or other fresh or frozen berries) with green top or light blue top milk and a little ice-cream or yoghurt.
- Provide a yoghurt or custard dip for children to dip seasonal fruit such as berries, grapes, melon, banana, chopped apple, nectarines, apricots, peaches etc.
- Make up a special fruit and goodies platter for children with chopped fresh fruit and vegetables, popcorn and marshmallows.
- Try freezing fruit yoghurt to make homemade popsicles.
- Chocolate dipped strawberries are a delicious treat at Christmas. Children love to help make them!!!
- Making ice cubes with a grape or small wedge of lemon or orange in them can add interest to drinks of water
- For family snacks try to find alternatives for chippies and other fatty snacks. Pita, naan or even plain bread, crisped in the toaster or under the grill and cut up, make a good alternative to serve with a dip!!! For healthy child-friendly dips, try:
 - cottage cheese, with some relish and grated cheese
 - lite cream cheese mixed with canned salmon or tuna
 - hummus

Healthy Nibbles for Tots

Nutrition and physical activity Information for Under 5s

For more information visit: www.cph.co.nz

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