

DEAR PARENTS

Breaks are important. They give your child a chance to move around, relax and recharge their batteries. A balanced snack (Znüni) rich in different nutrients prevents hunger pangs and promotes concentration and performance. Try out different types of fruit and vegetables with your child. Ensure that your child also drinks sufficient water and/or un-sweetened tea.



TIPS FOR HEALTHY SNACKS



You can find healthy ideas on the back. Chat about them and put a cross against your child's snack box preferences.

TIP

It's very easy to transport a morning snack in a lidded box (Znüni box). Drizzle lemon juice on sliced fruit so that it doesn't turn brown. You can wrap dry items in greaseproof paper to keep them separate.

BEWARE OF SUGAR, FAT AND SALT!

Sweets, sugary drinks and fatty snacks are not suitable for breaks. These foods don't fill your child's tummy or provide any important nutrients. They can cause children to have tooth decay and become overweight.

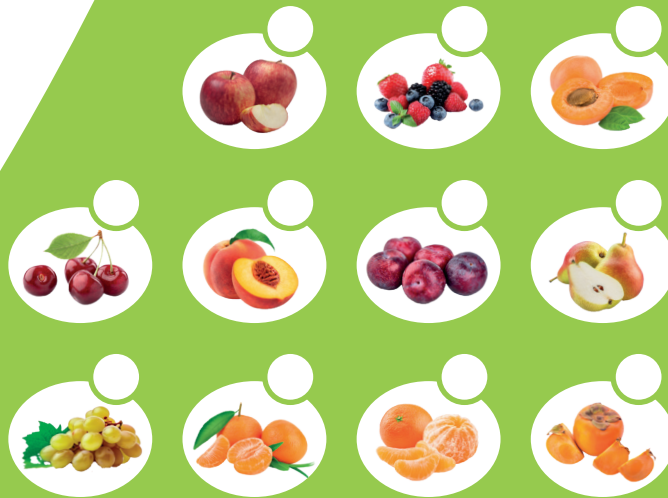
You should avoid sugary drinks, fruit juices, milkshakes and energy drinks, as well as sweet foods such as chocolate, biscuits, sweets, sugary cereal bars and squeezable fruit snacks. Snacks such as crisps, pretzels, croissants and mini salami sticks are often very fatty and salty.

HEALTHY CHILDREN'S TEETH

Regular brushing is important! Teeth-friendly foods and meals at appropriate times will also improve your child's dental health.

Beware of fruit juice, syrups, white bread, bananas and dried fruit. They contain sugar and damage teeth. You should also avoid sweetened yoghurts and fruit fromage frais.

A TASTY SNACK GETS YOU GOING!



You should use your child's hand as a guide to individual portion sizes.

WORTH KNOWING

Fruit picked when it is ripe has a more pronounced flavour, so it's worth thinking about seasonal, regional produce. Eating exotic fruit such as bananas, mango, pineapple and dried fruit or drinking fruit juices can have an environmental impact because of the distances they have to travel.

With the assistance of



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