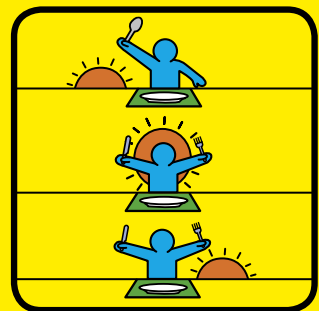


Meal Time

step by step !!

Your guide to a healthy
and active family



Meal Time

change
4 life

Eat well Move more Live longer

hello!

Welcome to your guide to Meal Time



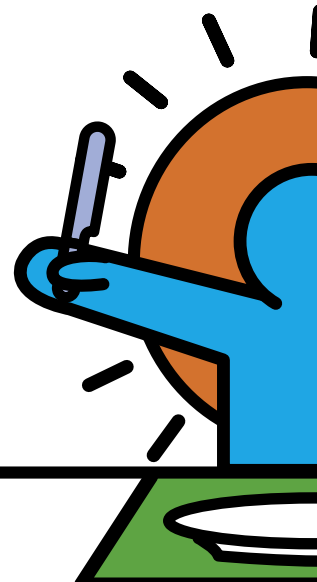
It may be cold outside but now is a good time to start your kids off on a new eating routine - winter one pot meals make brilliant healthy meals for the whole family.

So start them eating 3 regular meals a day now - before the festive season really begins.

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This book is all about **Meal Time** – but don't forget, there are 7 other good habits to get into which are helping lots of other families get healthier and happier too. They are **Sugar Swaps**, **5 A DAY**, **Snack Time**, **Me Size Meals**, **Cut Back Fat**, **60 Active Minutes** and **Up And About** – if you need any info about them they're all in the 'make a Change4Life' section of the website at www.wales.gov.uk/change4life.





what is Meal Time?

In this busy modern-day world, it's easy to skip meals or just grab a snack and eat on-the-go. But making the time to eat regular meals is really important to help kids to grow up with healthy eating habits.

If we don't eat 3 meals a day, we may be more likely to eat fast food and unhealthy snacks instead – which can lead to too much fat in our bodies, and increases the risk of developing diseases like cancer, heart disease and type 2 diabetes in later life. It's also important, especially for children, to eat meals at roughly the same time each day. This helps train their bodies to know when food is next coming so they don't get so hungry between meals.

So this booklet is here to give you some ideas on how to make the most of meal times as well as getting the kids to have fun with food so they look forward to sitting down and eating properly.

What problems do other parents face?



Anna and Katie

Anna lives in Aberystwyth and looks after Katie, who's 5, on her own.

Anna says: "I try and give Katie 3 meals a day, but it's hard to find the time sometimes – especially in the mornings when I have to get her ready for school and I'm trying to get ready for work. It's sometimes just easier for us both to grab a banana and eat it on the way."



Christie, Ruby and Jordan

Christie lives in Newport with her husband and her little girl who's 8 and her little boy who's 6.

Christie says: "I love sitting down and eating as a family – but I can't get my 2 to sit still even for 5 minutes most of the time! They usually end up wolfing down their dinner in about 2 seconds flat before they're off again to go and find something more interesting to do."



Gareth and Bethan

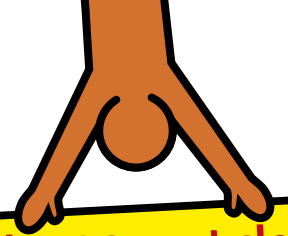
Gareth looks after his 7 year old daughter, Bethan, at the weekends. They live in Anglesey.

Gareth says: "Bethan can be quite fussy when it comes to food and I find it difficult to know what to give her sometimes to make her diet more interesting. It's easy to end up just making her pasta or chips because she likes them – but I know that's not giving her all the goodness she needs."





ready, steady...

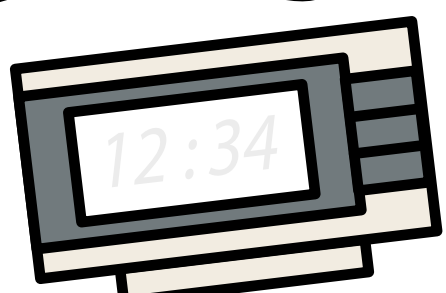


It's best to eat slow
- give it a go!

What do you want to aim for?

Getting kids to change how they think about food and what they eat can be tricky - especially if they are older children and have already developed unhealthy habits. So it's useful to think about what you want to get out of the Meal Time habit as a family.

Making sure everyone has 3 regular, healthy meals every day is the overall aim - but what are the smaller goals that are going to help you all do this? Here are a few ideas to start you off, and if you have any more then you can write them down on the blank clocks so you always have a reminder of what you set out to do.



Christie, Ruby and Jordan wanted to eat together more

"I really wanted to teach Ruby and Jordan that meal times can be fun and they don't have to be squeezed in around other more interesting things, or gobbled down in front of the TV. We've started having a family meal twice a week where we all sit down at the table and eat together. I try and get the kids involved in the cooking too, so they feel included and get more excited about eating what they've made. It's made a real difference - they eat more slowly now and actually take the time to notice what they're eating."



...go!!!

It's all in the timing

It can be hard to find the time to make healthier meals – but you'd be surprised how much a few shortcuts can help. And everybody will soon get used to the new routine. Here are a few corner-cutting ideas that could help you create a bit more time in your day:

Soups are brilliant. You can make them in advance and keep in the fridge or freezer, you can put all sorts of leftovers in them and make a whole new meal – and you can add LOADS of veggies, so they count towards the kids' 5 A DAY!

Prepare breakfast the night before – if it's fruit salad just make it the evening before and put it in the fridge, if it's toast or cereal then put all the things out on the table that you'll need.

Roasting things is a great time saver as you can just shove it in the oven and it pretty much cooks itself! It also saves on the washing up as everything can go in one roasting dish with a small amount of oil – veggies, chicken, potatoes – most fresh ingredients roast beautifully.

Get the kids to set the table and help you with the easy bits of preparing the food.

We love school dinners!

School dinners are great because they're at roughly the same time every day, and they always include at least one portion of veg and one portion of fruit these days. So it's best for the kids to have them as often as they can. And they love eating with their friends!

Be prepared for the rush when the kids come home from school! They're often hungry so keep some healthier snacks on hand like chopped-up carrots sticks, lower fat houmous, rice cakes, or wholemeal toast. That way they won't be invading the cupboard for bags of crisps!

Try setting an alarm clock to go off to remind the whole family what time tea is – that way you don't have to waste time rounding them up! When they hear the alarm, they know it's time to sit at the table.

Make time for breakfast!

Big dishes for the evening meal like pasta bake or stew crammed with veggies can easily be reheated for lunch the next day. And some things like pasta can just be put straight into the kids' lunchboxes and eaten cold. See page 10 for more lunchbox ideas.

Anna and Katie wanted to eat better breakfasts

"Katie and I often skipped breakfast or grabbed a quick snack to eat on the way, but I knew this was really bad for both of us. Katie was often tired at school and it was probably because she wasn't getting enough energy in the mornings. So we've started a new routine where we get up half an hour earlier and sit down together to eat a healthy breakfast. I'll either do a fruit salad, or a bowl of porridge – or even just a slice of wholemeal toast each. It took a bit of effort but now we're used to it, our mornings are far less hectic! It's actually really nice to sit down and have a quiet half hour before the day starts."





make the most of meal times!

3 regular meals a day are good for kids' growing bodies. But making an occasion out of meal times will really help give them the right attitude to food too, so they'll be able to give themselves a healthy diet as they get older when you're not always there to do it. So here are a few tips on how to help the whole family enjoy eating together.

S-l-o-w-l-y is best

Getting the kids to eat slowly is better for their digestive systems, and it means they will realise when they are full rather than eating more than they need because they just haven't concentrated. Sitting up at the table and chatting as you eat will help slow them down.

Plan your meals

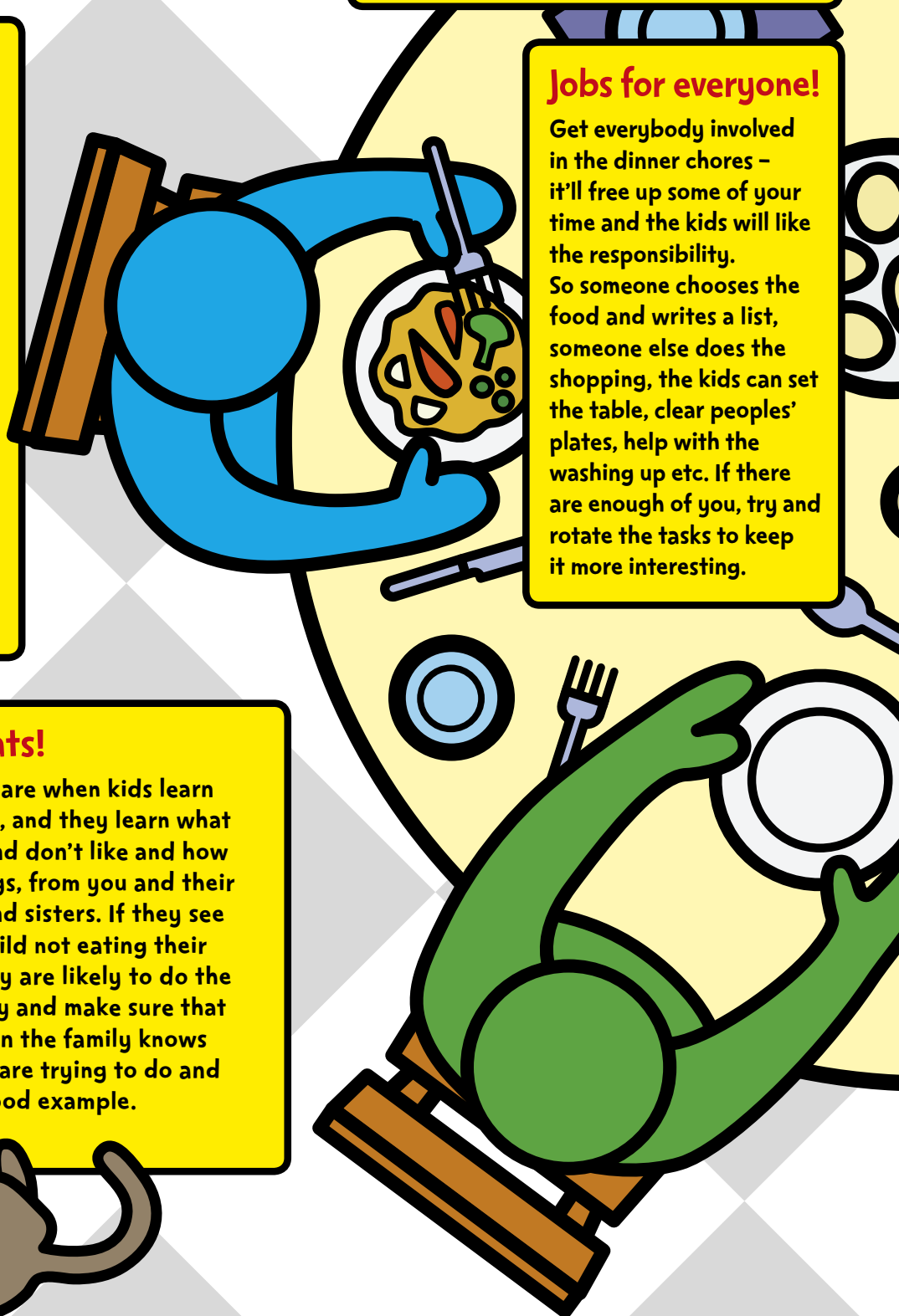
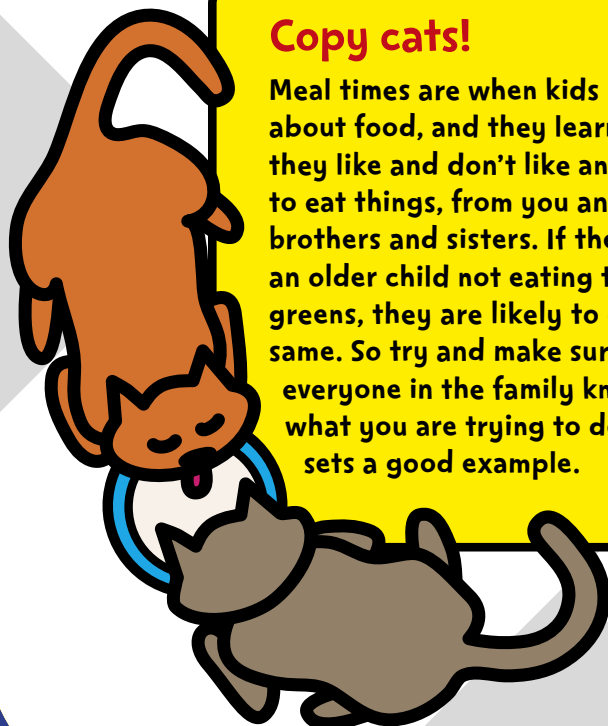
Think about what you're going to cook in the week before you do the shopping and make sure you buy the ingredients you need. You could even use the Meal Planner at the back of this book to help you. Once you know what you're having every day, you won't need to think about it again so it saves time on trying to decide, as well as last minute trips to the shops to get what you need.

Jobs for everyone!

Get everybody involved in the dinner chores - it'll free up some of your time and the kids will like the responsibility. So someone chooses the food and writes a list, someone else does the shopping, the kids can set the table, clear peoples' plates, help with the washing up etc. If there are enough of you, try and rotate the tasks to keep it more interesting.

Copy cats!

Meal times are when kids learn about food, and they learn what they like and don't like and how to eat things, from you and their brothers and sisters. If they see an older child not eating their greens, they are likely to do the same. So try and make sure that everyone in the family knows what you are trying to do and sets a good example.



Make meals fun!

Get the kids involved and make a real occasion out of your meals so they look forward to sitting down together and eating. Let them lay the table with proper placemats, napkins and maybe even hats or balloons sometimes!

You could go a step further and get them making menus and choosing music to listen to as you eat, like a proper restaurant!

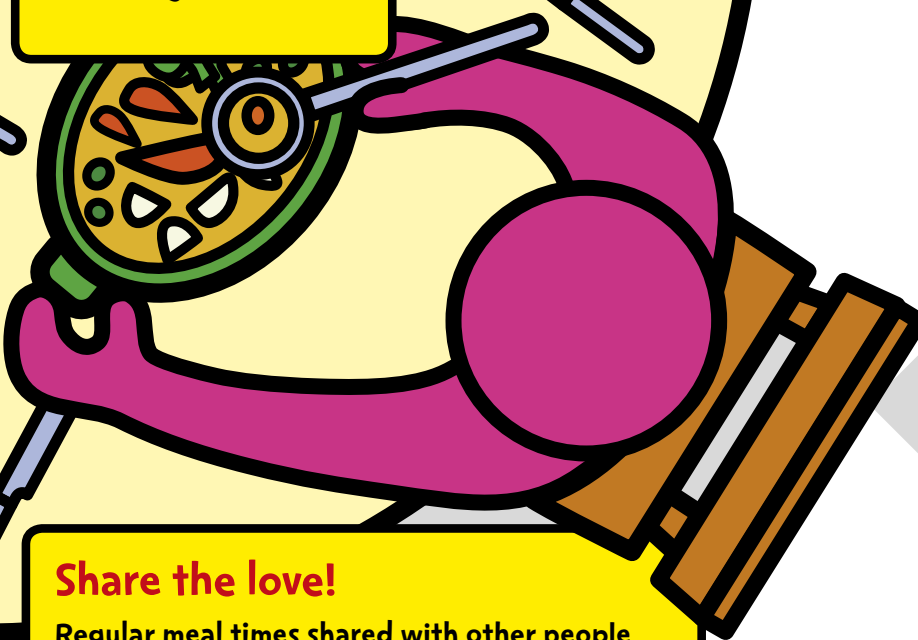


One-pot meals are great for sharing!

Great big pots of stew, casserole or healthy curries are great for sharing and easy to prepare. And you can just put the dish on the table and everyone can serve themselves – although do keep an eye on how much the kids are giving themselves and make sure they're having the right sized portion for their age.

Double up your dishes

Make twice as much as you need so you can freeze the extra portions and just defrost them when you don't have time to prepare a meal.



Keep your kids regular!

Meals at roughly the same time each day is good for kids' bodies and their digestion. If their bodies start to understand when the next portion of food is coming, they aren't as likely to get hungry between meals which helps cut down on the snacking.



Make a date

If you don't have time to eat as a family all the time, try setting aside a particular day that suits everybody and make it a time you all keep free. So whether it's Sunday lunch, a leisurely Saturday morning breakfast or teatime on a Friday, get everyone involved and start having a special meal every week with family or friends.

Turn off the telly!

Try and use family meal times to chat to each other and get the kids talking to you. If the TV is on, you can guarantee they'll watch it instead of having a conversation so try and get them into the habit of TV-free dinners. Have the radio on instead and let them choose the station.



Share the love!

Regular meal times shared with other people are really important times of the day for kids. It's when they get to spend some time with you, and interact with each other. Humans have always needed routine and structure, so a sit-down meal with other people makes kids feel content and secure.



make time for breakfast!



It's true what they say – breakfast really is the most important meal of the day. It kick starts the digestive system after

being asleep for 8 hours and literally 'breaks' the 'fast' of the night. So you need to make sure the kids are putting quality fuel in for their first meal of the day that will see them through until lunchtime – without filling up on snacks!

Porridge with a sliced banana on top

Toast stars, cut with a cookie cutter, add a thin layer of honey

Fresh fruit salad with lower fat yoghurt

Quick bre!

Spanish tortilla

This onion and potato tortilla is a classic Spanish dish which can be eaten hot or cold at any time of day. It uses just 4 ingredients, so it's really simple to make.

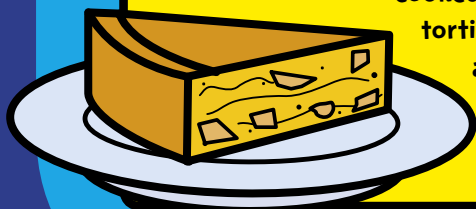
- 3 tablespoons olive oil • 500g white onions, sliced • 6 eggs
- 700g potatoes – floury ones like Maris Pipers work best – sliced into rounds • Black pepper

First, put a little of the olive oil into a frying pan and add the sliced onions. Fry them gently for about 5 minutes, then add the rounds of potato and the rest of the olive oil. Season with black pepper, cover the frying pan with a lid and leave to cook on a low heat for about half an hour, stirring occasionally.

Now whisk the eggs together in a large bowl. Once the potatoes and onions are cooked, add them to the bowl of beaten eggs. Give it a very gentle stir, then pour everything back into your frying pan.

Now you need to cook your tortilla so it's firm, so put it on a low to medium heat for 15 minutes or so. Once the top of it feels quite firm to the touch, run a knife around the sides of the pan to loosen it, put a plate on top of the pan, and quickly turn the whole thing upside down so your tortilla turns out onto the plate. Now you can carefully slide it back into your pan and cook the other side for a further 5 minutes. Once it's

cooked through, slide your tortilla out onto a plate and let it cool slightly. Cut into wedges and eat hot or cold.

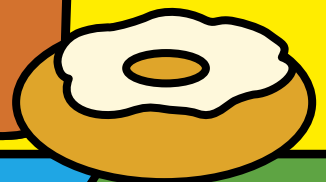
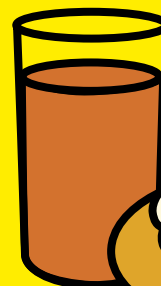


The great british grill up!

Us Brits do a great breakfast, and a full cooked breakfast doesn't have to be bad for you – as long as you don't have it all the time. If you grill everything instead of frying it, it can be healthy as well as delicious!

Put some mushrooms, halved tomatoes and back bacon with the fat trimmed off under the grill, then toast a slice of wholemeal bread and poach an egg (see Eggs Florentine for instructions) – yummy and healthy!

Bagels, cream cheese and fresh orange juice



Low sugar,
wholegrain cereal with
semi-skimmed milk

Crumpets with a thin
layer of lower fat spread

Grilled tomatoes
on wholemeal
toast

Cookie ideas

Eggs florentine

This typical Italian breakfast is healthy as well as yummy!
For enough for 2 people you'll need:

- 12 cherry tomatoes
- 200g bag of fresh spinach
- 2 eggs

Heat the oven up to 190°C/375°F/gas mark 5 and cook the tomatoes in a roasting tin for about 10 minutes. Then rinse the spinach, tear off the big stems and boil in a pan for 3 or 4 minutes, until it starts to 'wilt'. Once it's done, drain your spinach and let it cool down, then pick it up with your hands and gently squeeze out the extra water. Put the spinach into 2 little ovenproof dishes and put them in the oven on a low heat to keep warm.

Now you need to poach your eggs. Crack them very carefully into a pan of boiling water – if you have an egg poacher to keep the whites together then that would be useful. Cook gently for about 3 minutes, until the whites of the egg are set, then lift out with a big spoon (with holes in if you have one) and put an egg on each bowl of spinach.

Serve with the roasted tomatoes on the side and a slice of wholemeal toast.



Mango and banana pancakes

Bring a little bit of sunshine to Winter with these yummy mango and banana pancakes.

First you need to make the pancake batter from 125g wholemeal plain flour, 1 egg and 275ml semi-skimmed milk. Beat the flour and egg together in a bowl, then add the milk a little at a time, still beating. When you've added all the milk it should look quite runny.

Then get a fresh mango if you can, and chop it in half around the big stone in the middle. Cut the peel off and slice the flesh into strips. Or you could use tinned mango slices in natural juice if you're short on time (and mangoes!). You'll also need 2 bananas, sliced up.

Now to make your pancakes. Add a couple of drops of oil to a non-stick frying pan, and pour enough batter in to cover the bottom – about 3 tablespoons should do it. Tilt the pan as you add the batter to coat the bottom of the pan. Cook the pancake over a medium heat for about 2 minutes.

Now you need to toss it to cook the other side. Take the pan off the hob, and hold it by the handle and slightly away from you. Flick your wrist up so the pancake goes up into the air and turns over, then catch it in the pan again. Now the cooked side should be facing upwards.

Cook for a further 2 minutes, then turn out onto a plate. You should have enough batter for 6-8 pancakes, depending on how thick you make them. Serve as you go, or keep the whole batch warm in the oven. Top with the sliced mango and banana for a truly tropical treat.



Cut your bagels in half around the middle, toast them and spread with lower fat cream cheese. Try serving with salmon and a glass of 100% pure unsweetened orange juice.





what's for lunch?

If your kids are at school then lunchtime is usually at the same time each day so at least you don't have to worry about this meal being regular. Giving them school dinners is a good option – it's hassle free and the food is tasty and healthy. But if you make them packed lunches they can still be yummy and healthy as well. And the same goes for weekend lunches too – so why not try a few of these ideas.

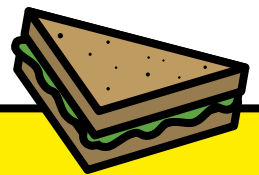
Luscious lunchboxes!

Lunchboxes don't have to be boring – there are loads you can do to make them fun for the kids apart from the food you put in them. And if the process of opening and eating them is fun, they won't mind so much that their lunchbox isn't full of chocolate and crisps!

- Take the kids shopping and let them choose lunchboxes they really want, or buy plain plastic ones and some paint, glue, sparkles, beads and whatever else catches their eyes and let them decorate them with their names.
- Buy a load of little reusable plastic bags and pots so you don't have to give them a whole portion of something every time. This way, they'll only get the amount of food they need and you'll save money.



Top tucker tips!



Lunch in a jiffy!

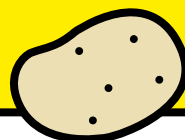
Jacket spuds are really handy for cooking in advance – just stab a batch with a fork and wrap them in foil, then stick them in the oven for an hour or so when you have time. Slightly undercook them by about 10 minutes, then take them out and let them cool down completely. Then you can just put them all in the freezer until you need them.

When you reheat them, take off the foil first and put them in the oven rather than the microwave – they go a bit rubbery otherwise. Finish off baking them for about 20 minutes – make sure they're completely defrosted and hot all the way through. Serve with any filling you like – cottage cheese, beans, lower fat cheese, tuna and egg mayo are all pretty healthy. And of course, loads of salad!

Picnics

At the weekends when the kids are at home for lunch, it's a nice idea to let them eat outside if you can – either a rug in the garden or the nearest park. It makes a real occasion out of lunchtime so they're likely to eat more of the healthier food you give them. And they'll probably have a run around afterwards which will count towards the 60 minutes of activity that they need every day!

And if the weather's too miserable to eat outside, then have a living room carpet picnic – just as much fun and they can help you set it up and make the sandwiches.



Things to put in a lush lunchbox

Wholemeal sandwiches or bagels full of salad and a yummy filling - tuna, egg, lower fat cheddar, lower fat cottage cheese, avocado, chicken, beef, lower fat houmous - the list is endless!

Cold potato salad with chicken, veg and lower fat mayo

Cold pasta salad with tuna and lower fat mayo

A lower fat yoghurt

A wafer biscuit

A small handful of mixed raisins in a little bag

Chopped veggies like carrots sticks, celery sticks, cucumber and baby sweetcorn and a dip like reduced fat houmous or mayo

A little pot of grapes

Rice cakes with a healthy sandwich filling as topping

A small bottle of smoothie, or some of a big bottle poured into a plastic cup with a lid

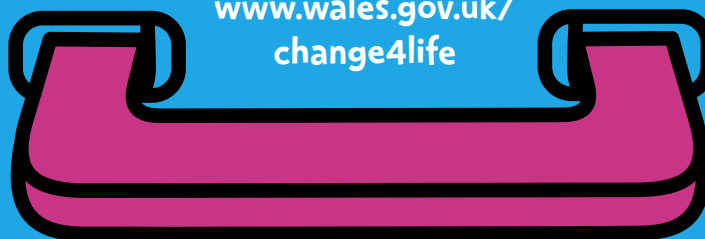
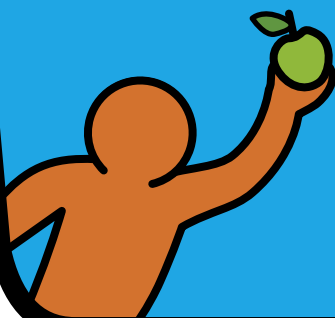
Chopped up fruit in a little pot - apples, pears, strawberries, grapes, melon, kiwi fruit - whatever you have to hand. Add a dash of fresh orange juice to keep it preserved until lunchtime

A small bag of homemade popcorn - no added salt or sugar

A small carton of 100% pure unsweetened juice

For other lunchbox ideas visit

[www.wales.gov.uk/
change4life](http://www.wales.gov.uk/change4life)



Animal crackers!

Put a thin layer of lower fat sunflower spread on some plain cream crackers or rye crackers and cover them with a layer of cress - it should stick and look like grass. Chop up some salad and fruit and put them in separate dishes - cucumber, tomato slices, carrot sticks, peas, tinned sweetcorn, apple wedges, grapes etc all work well.

Then lay it all out on the table and let the kids make pictures of animals in their 'green fields'. And of course they have to eat them too!



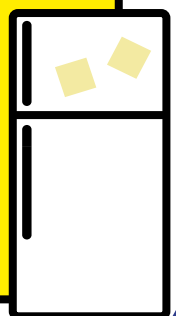
Let them buy their own

Set up a little cafe in the kitchen with all your healthier lunch ingredients out in dishes and let the kids choose their own, like a buffet. You could even price each food item and give the kids some pretend money to spend. Suddenly lunch will seem much more fun!

The big freeze!

Freezing fruit for lunch at the weekends when you can serve it straight away, especially as the weather gets warmer, gives fruit a whole new dimension for kids.

A selection of berries like strawberries, blackberries, raspberries and blueberries shoved in the freezer for a couple of hours then served for lunch won't be around long! The same goes for bananas, still in their skins and put in the freezer, then half-peeled and handed over like banana ice lollies.



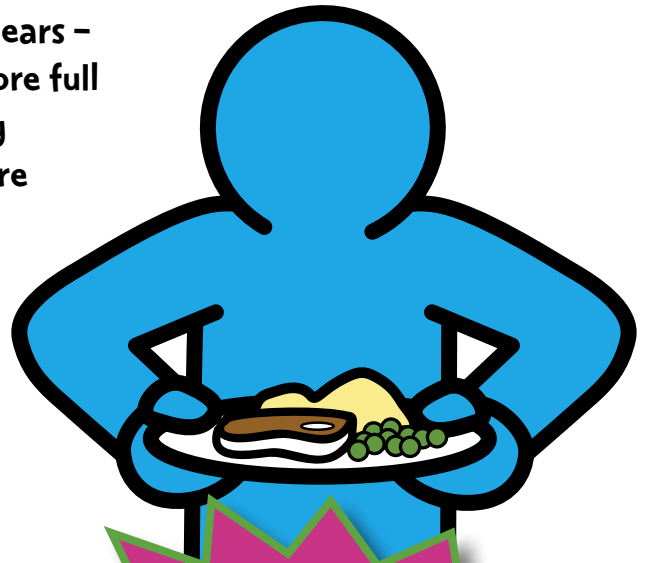


dinner through the decades!



Some food has changed over the years – it's got faster, more convenient, more full of unhealthy stuff, and more easily available. Which means we eat more nowadays. And as our lifestyles

don't call for us to move around as much as we used to, then we can end up with too much fat in our bodies. So we really could learn a thing or 2 from past generations – especially when it comes to creating delicious dishes out of nothing! Here are our healthier versions of a dinner for each decade...



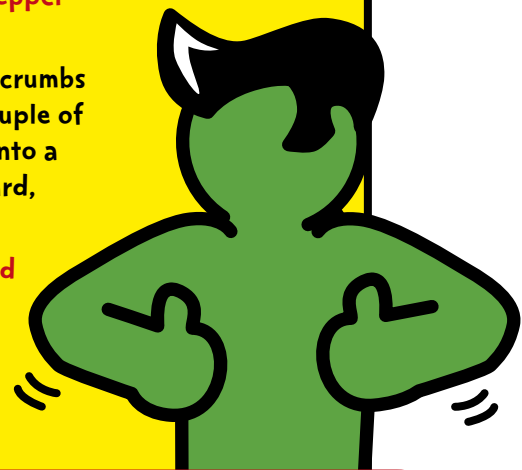
**50s
dinner!**

Meat loaf

Meatloaf was a firm family favourite in the 50s, especially in the US. It keeps well, can be eaten hot or cold, and is really tasty! You'll need:

- 500g lean minced beef • 50g breadcrumbs • 1 egg, beaten
- 1/2 onion, chopped • 1/2 green pepper, with the seeds taken out and chopped
- 3 teaspoons Worcestershire sauce • 1 teaspoon mixed herbs • Black pepper
- 1/2 teaspoon mustard

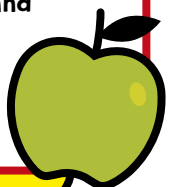
1. Heat the oven up to 180°C, 350°F, gas mark 4, and make your breadcrumbs by putting a slice or 2 of brown bread into the heating oven for a couple of minutes to dry them out. Then take them out and crumble them up into a large bowl. Add the chopped onion, beaten egg, mixed herbs, mustard, Worcestershire sauce and black pepper.
2. Gently mix the ingredients together with a fork, then add the minced beef and mix it in, a little bit at a time. You can use your hands if it's easier.
3. Now you need to shape your mixture into a loaf shape, so if you have a loaf tin then put the mixture in it. If you don't, then just shape the mixture into a brick shape with your hands and put it on a baking tray – it should still hold its shape.
4. Now put the loaf in the oven for about an hour, but check on it halfway through. If some of the fat has started to come out of the loaf, then pour this away and put the loaf back in the oven – it will make for a healthier dinner.
5. Once it's thoroughly cooked, leave to cool for 10 minutes or so then thickly slice. Serve with lightly boiled peas, carrots and cabbage for a real 50s dinner!



For afters!

Baked apple and mixed fruit

Use good old cooking apples like Bramleys, take the cores out and stuff the middles with mixed dried fruit. Stand in an ovenproof dish, pour a little cold water around them and bake in the oven at 180°C, 350°F or gas mark 4 for about half an hour, until golden.



Spaghetti bolognese

The 60s was when pasta first started being imported into this country from Italy – and a family classic was Spag Bol! It was traditionally made with minced beef, but our version uses minced turkey as it's leaner. You'll need:

- 500g lean minced turkey • 400g tinned chopped tomatoes
- 400g wholewheat spaghetti • A small grating of lower fat mozzarella cheese
- Black pepper • 1 teaspoon olive oil • 1 chopped onion • 1 chopped garlic clove

1. Heat the olive oil in a saucepan and add the onion and garlic. Cook on a medium heat for about 10 minutes until the onion has started to brown.
2. Add the turkey mince and turn the heat up. Cook for about 5 minutes, stirring all the time, until the turkey turns white.
3. Add the tomatoes and a pinch or 2 of pepper, and give it a good stir. Lower the heat and simmer for about 15 minutes until the sauce gets thicker.
4. While the sauce is simmering, do your spaghetti. Boil a large pan of water and put the spaghetti in. Simmer until the spaghetti goes soft and floppy – usually between 5 and 10 minutes.
5. Once it's cooked, drain the spaghetti and put a portion in a bowl. Add a generous dollop or 2 of sauce and grate a little mozzarella cheese over the top. And if you want to go really 60s, add a sprig of parsley to the top!

60s
dinner!



For afters! Jelly and custard

Don't forget to use lower sugar jelly and lower fat custard. Have a look at the packets for how to make them.



Chicken-in-a-basket

This was a classic 70s dinner party dish, the 'basket' being made from fried potato. Our version is healthier and uses potato skin baskets. You'll need:

- 1 large baking potato • 2 lean chicken breasts • 1 egg, beaten
- 120g breadcrumbs • 120g plain flour • A small amount of olive oil • Salad leaves

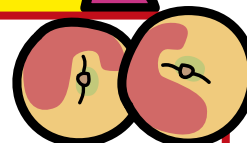
1. First you need to bake your potato in the oven so you can make your baskets out of it. So heat the oven up to about 200°C/400°F/gas mark 6, prick your potato with a fork and rub a little olive oil into it, then put it in the oven to bake – it'll take about an hour.
2. Now for the chicken. Dip each breast in the flour, then the egg, then the breadcrumbs so they all stick. Now put these in the oven with the potato – they'll take about 40 minutes and you'll need to turn them over halfway through, so try and time it so the chicken and potato finish cooking at roughly the same time.
3. Once your potato is cooked, cut it in half and carefully scrape out most of the soft insides with a spoon. (You can put this in the fridge for another meal, or serve it on the side). Now you should be left with 2 potato skin baskets.
4. Put the baskets back in the oven on a baking tray, for about 15 minutes until they have crisped up.
5. Now hopefully your chicken is done too, so serve each chicken breast in its own basket, on a bed of salad. Groovy, baby!

70s
dinner!



For afters! Peach melba

A scoop of lower fat frozen yoghurt served with fresh or tinned peaches in natural juices.





problem page



Q We're never all at home together – my partner and I work different shifts and the kids are both at school now, so it's really hard to sit down and have an evening meal together. Any advice?

A It can be tricky these days to find a time when everyone's in at the same time – but even if it only happens once or twice a week it's a start. So perhaps you could find a time that everyone tends to be in, and ask that they make an extra effort to set that time aside each week – maybe a Sunday lunchtime or a Friday night? And then you can use this time to have a big family dinner and make a real occasion of it. If you can't eat together, then you can still eat healthily and have the kids sit up at the table with whoever's preparing their meal. One-pot dishes like lasagnes and stews are brilliant for this because you can just make them beforehand and heat up the right sized portion when the next 'sitting' arrives. Have a look at the Food Standards Agency website for reheating advice – www.food.gov.uk

Q I try to get my kids to eat at regular times. But they get so hungry they eat loads of snacks and then they don't want their dinner. How can I stop them filling up on stuff that isn't doing them any good?

A The first thing to do is bring their evening meal forward by half an hour if you can – then they won't have to wait so long. But if they're still claiming they're starving, then make sure you have some healthier snacks prepared which won't fill them up so much. Fruit, veggie sticks and lower fat dips, rice cakes and lower fat yoghurt are good stand-bys. Or try giving them a glass of semi-skimmed milk or diluted 100% pure unsweetened fruit juice – this should fill them up enough to keep them going until dinner is ready.

Q I work so it can be difficult to find the time to cook in the week – so we often just end up having toast or something in the evenings. I know this isn't particularly healthy but it's too late to start cooking from scratch by the time I get home.

A Toast with something healthy on top like tomatoes, poached eggs or baked beans isn't a bad option for teatime – as long as your children are having a healthy, cooked meal with veggies for their school dinner. There are also plenty of shortcuts you can take to healthy, hot dinners in the week too. You could make a big pot of soup or stew or something like a fish pie at the weekend, so you can just divide it into pots and keep them in the freezer until you need them. Jacket spuds are also handy for cooking in advance, and pasta dishes with a tinned tomato sauce only take about 10 minutes. Rice is also a fairly quick meal, served with a tin of tomatoes and kidney beans.

How do other parents manage it?

Anna says:

"Katie and I sometimes have a Teddy Bears' Picnic now. She brings her cuddly toys and we put a rug on the carpet and lay some healthy salads and sandwiches out. She'll happily sit there for hours and she doesn't even notice she's eating vegetables because she's so busy trying to get her toys to copy her as she tries to feed them too!"



Christie says:

"Sitting up at the table and choosing music to listen to at meal times has really helped my 2 slow down."



Gareth says: "Bethan can be quite picky when it comes to food, so I've started letting her help me in the kitchen when I'm cooking. She has her own apron and bowl, and she helps choose what we're having, then helps make it. She's much better about eating now because she feels more involved and knows exactly what's gone into everything. I think part of the problem before was just that she didn't know what things were, so she didn't want to eat them."



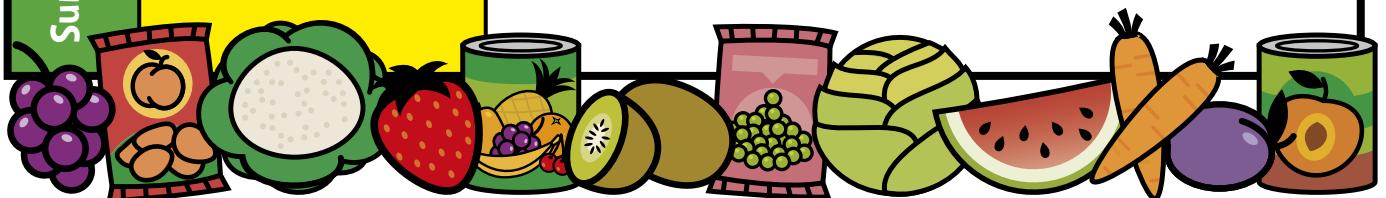


meal planner



Use this handy Meal Planner to plan what you're having for dinner this week. Write down what you're going to make and what ingredients you need to buy for each meal - you'll be amazed how much time it can save you over the week.

Day	Meal	Ingredients I need
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		





Want to find out more?

For more information on Change4Life, and ways to get healthy and active visit www.wales.gov.uk/change4life

What's happening near you?

Remember to look in your local newspapers for activities that are going on near you that you can get involved with. You can also visit www.wales.gov.uk/change4life and click on the 'What's happening near you?' section on the homepage.

Swim4Life – find out where your kids can swim for free:

www.sportswales.org.uk or www.wales.gov.uk/change4life.

Have a look at your local cycle routes: www.ctc.org.uk Or visit

www.welshcycling.co.uk for information about cycling events in your area.

How to give your support

If you're already involved in children's activities in your area, or you'd like to help out where you can, we'd like to invite you to become a Local Supporter. We'll provide you with a toolkit that can help you run your own events and programmes under the Change4Life banner, plus lots of general guidance on how to get the people in your neighbourhood more active and eating more healthily.

To find out more, please see the Partners and Supporters Section on www.wales.gov.uk/change4life.



Eat well Move more Live longer

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Adapted from an original COI booklet for the Department of Health. Bilingual version by Welsh Government. The Welsh Government supports Change4Life. The individuals and families referred to in this booklet are fictitious, but the recommendations you find within it are based on Department of Health research, knowledge and experience.



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recycled