

Tips for healthy morning and afternoon snacks



Bischofit?

Englisch

Dear Parents

Breaks are important opportunities in everyday life to relax. In these breaks, your child should be able to give vent to his or her pent-up energy and recharge his/her batteries. With a balanced morning snack that ensures the replenishment of nutrients and liquids, concentration problems and signs of tiredness can be prevented. Discover with your child the diversity of fruits and vegetables and please ensure he or she drinks enough.

Healthy ideas for morning and afternoon snacks

On the back, you can tick with your child what he or she would like to have in his/her snack box. ✓

No sweets or snacks rich in fat

Sugared drinks, sweets and fatty snacks are to be avoided as food in breaks. The advertising statements are deceptive: these snacks do not really satisfy children's appetite, provide too much fat and not enough valuable ingredients. They can also cause tooth decay and obesity.

The following are therefore not recommended: sweet drinks like Coke, iced tea or sugared fruit juices, energy drinks, sweetened milk-based drinks, sweets like chocolate, milk-slices, gummy bears, biscuits or cereal bars and crisps, salted nuts or croissants.

Also good every now and then

These suggestions for morning snacks can also be packed every now and again as a variation, but are less suitable than those on the back.

- Diluted fruit juice
- White or semi-white bread
- Bananas
- Dried fruit

As they contain sugar and stick to the teeth, cleaning the teeth or at least rinsing the mouth out with water afterwards is highly recommended.

Tip

The morning snack is best transported in a sealable snack box. If some lemon juice is drizzled over slices of fruit, this stops them from going brown. The fruit thus stays appetising.



A morning snack is tasty and wakes you up



no sugar



Not suitable for children under the age of 4 due to the risk of choking

More information on the cantonal activity programme: graubunden-bewegt.ch