

What young children need



Colourful and healthy

Eat fruit and vegetables every day. This makes young children fit and everyone else too.



Vegetarian is an option too

Milk, cheese, eggs, wholegrains and pulses are particularly important for young children who don't eat meat.



Meal breaks

For many young children, having five meals a day is appropriate. Water will be enough between meals. Refrain from giving them sweet drinks.



It's OK to leave food

Young children themselves know when they're full. Leaving food on the plate is OK.



Nicer together

Eating together is fun and brings people together. Preferably without any distractions.



Exercise

Running, climbing, playing: This is how young children explore their world. Televisions, tablets and the like are not good for them.



A smoke-free environment

Children like fresh air and don't like rooms where people smoke.



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