

# Top Tips and Activities! A Healthy Birthday Party



As parents you are aware of the importance of heart and weight maintenance as a life time goal to help your children stay fit and healthy. From an early age it's important that your children (and you) learn the difference between healthy snacks and snacks composed of empty calories.

Empty calories are those made up of sugar with little other nutrients and are often the snacks blamed for causing children to become wound up and hyperactive. The typical type of snacks you'd find at a birthday party!

When planning a party for your child be sure to choose a variety of healthy foods for children to snack on. Asking your child to help you to choose and prepare the food is a great way to encourage healthy habits. Below are some top tips to help you choose the healthier snack alternative for birthday parties. Remember with everything, to achieve the best results plan head and think like a child and birthday party snacks will be fun and healthy!

## Healthy Recipes...

- Fruity Faces.
  - Cut up fruit in different shapes that can be used to create crazy faces on a solid colour paper plate. Add a few nuts and cheese slices so the kids can really get creative. Maybe give a prize to the child who turns their birthday party snack into the craziest fruity face.
- Fruit Cup
  - Your children will not rebel if you have prepared individual fruit cups ahead of time. Children love to sit down and eat strawberries, bananas, grapes and apple slices. Add different yogurt flavours for them to dip their fruit into, do not worry if things get messy it's a birthday party after all.

## More simple changes...

- Use whole meal bread for sandwiches
- Introduce healthier sandwich fillings, avoid egg mayonnaise and go for sliced egg with salad, ham and tomato sandwiches or tuna with low fat mayonnaise.
- Make your own soft drinks with soda water and fresh juices.
- Party games: do not forget party games! Keep the kids away from the food and amused with active games such as musical chairs and a three legged races.
- The all important birthday cake: to ensure it can be as healthy as it can be, make your own so you know what has gone into it, but remember everyone deserves a birthday cake, it's their birthday!