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Dear Parents and Carers

We are currently focussing on healthy eating so please take some time to have a look at our Healthy Eating Notice Board in the foyer just before you go into nursery.

These days, 'modern life' can mean that we're a lot less active. With so many opportunities to watch TV or play computer games and with so much convenience and fast food available, we don't move about as much, or eat as well as we used to. Nine out of 10 of our children today could grow up with dangerous amounts of fat in their bodies. This can cause life-threatening diseases like cancer, type 2 diabetes and heart disease.

One thing you may be unaware of is the amount of sugar added to cereals, snacks, drinks, yogurts and other items which are particularly aimed at children. It is, therefore, worth taking the time to have a look at the labelling on the food you buy and if you can make a healthy swap then why not!

For more information on staying healthy, including lots of recipe ideas, visit [www.nhs.uk/change4life](http://www.nhs.uk/change4life). If you need any further help or advice, please speak to us at any time.

Yours sincerely



Amanda Macmillan  
Family Worker



Lois Robins  
Assistant Family Worker