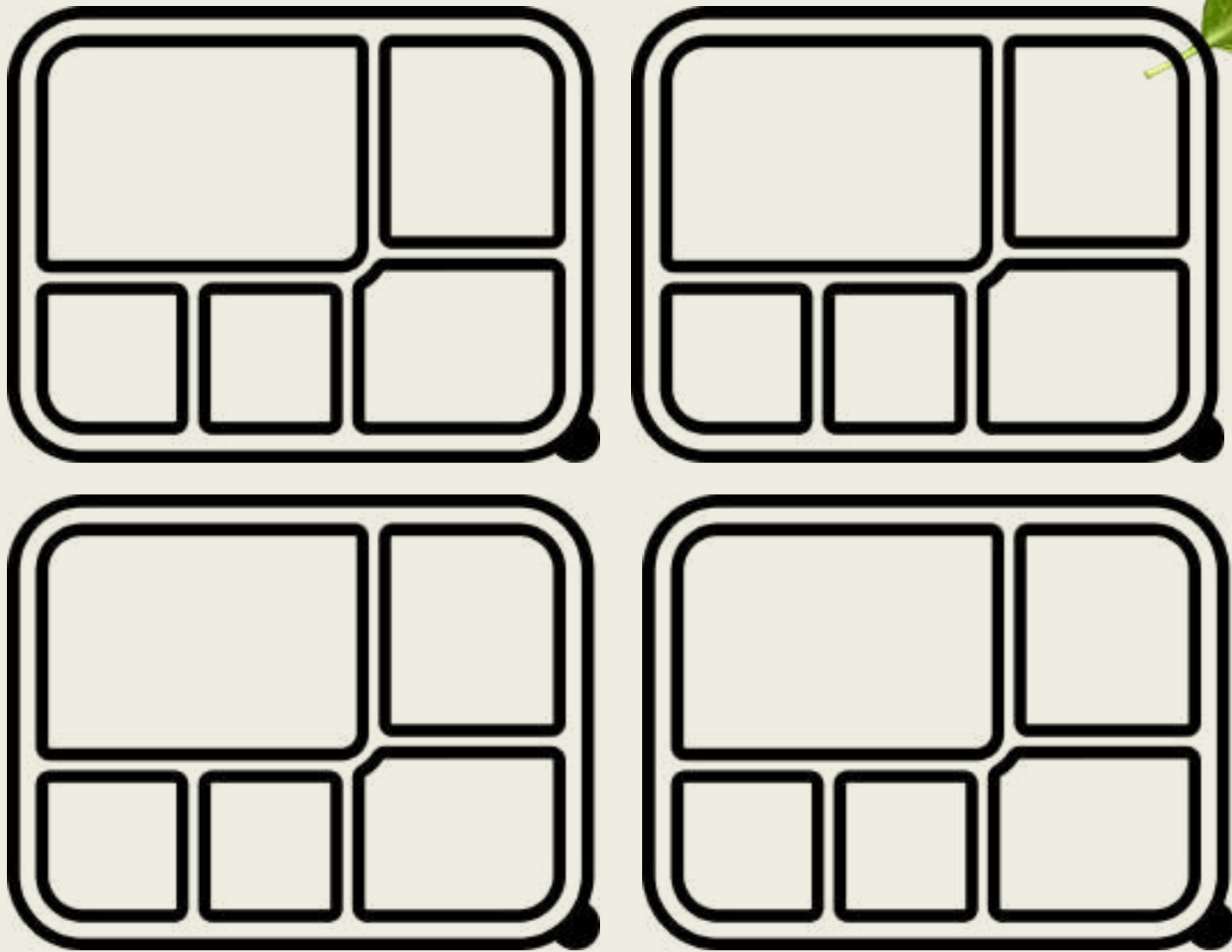


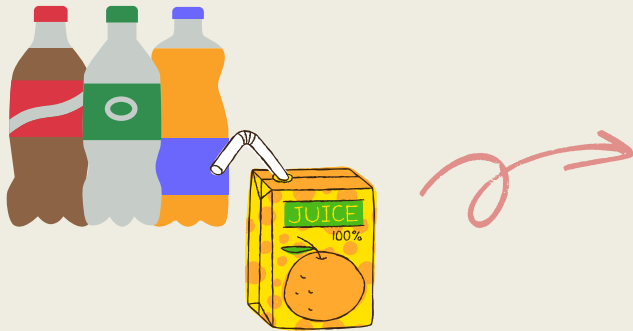
B-1 Work Sheet Lunch box plans A



B-1 Work Sheet Lunch box plans B -5 days list

Thu	Wed	Tue	Mon	SUN

B-2 Work Sheet Replace my Snack



Good ingredients for Healthy Snack for kids



HEALTHY NUTRETIION GUIDE

**to consider the healthy nutrition is
the Important for Children for birth to 4 years kids**

Supports physical and mental growth
Enhances cognitive abilities and concentration
Strengthens the immune system
Prevents obesity and chronic diseases
Feel warm and care such as good relationship

Checklist for Mam and Dad for Healthy Food!

- ☐ Today we had breakfast at the set time!
→ Eating breakfast at a regular time helps wake up your child's body and get them moving. It's a great way to give them energy for the day!
- ☐ I put seasonal fruits in my child's lunchbox!
→ Nice! After playing a lot at nursery, children can enjoy the sweet taste of fruit and have fun for the rest of the day!
- ☐ We had dinner together as a family last night.
→ What did you talk about? It's wonderful when children feel free to share their own opinions and thoughts.
- ☐ I allow my children to drink sweetened beverages (such as orange juice or cola) only on holidays.
→ Research has shown that when children get used from a young age to reducing sugar intake, they are less likely to develop obesity or health problems later in life, including high blood pressure and elevated blood sugar and fat levels.
- ☐ We cooked together as a family over the weekend—or are planning to!
→ That's fantastic! It will be the chance for children to develop interest in food and eating. There are so many things they can do: peeling, cutting, mixing, pouring, arranging, cutting with molds, baking, serving, and more!



Checklist for Mam and Dad for Health Food!



LUNCH BOX IDEA FOR 2YEARS+ KIDS



information is provided by Gozour Foundation



Seasonal Fruits in Egypt

🌸 Spring (March–May)

- Strawberries (peak season in March)
- Apricots (from late May)

☀️ Summer (June–August)

- Mangoes (July–September is peak season; Egypt's representative fruit)
- Watermelon
- Melon (yellow / cantaloupe type)
- Grapes
- Guava (from late summer into autumn)

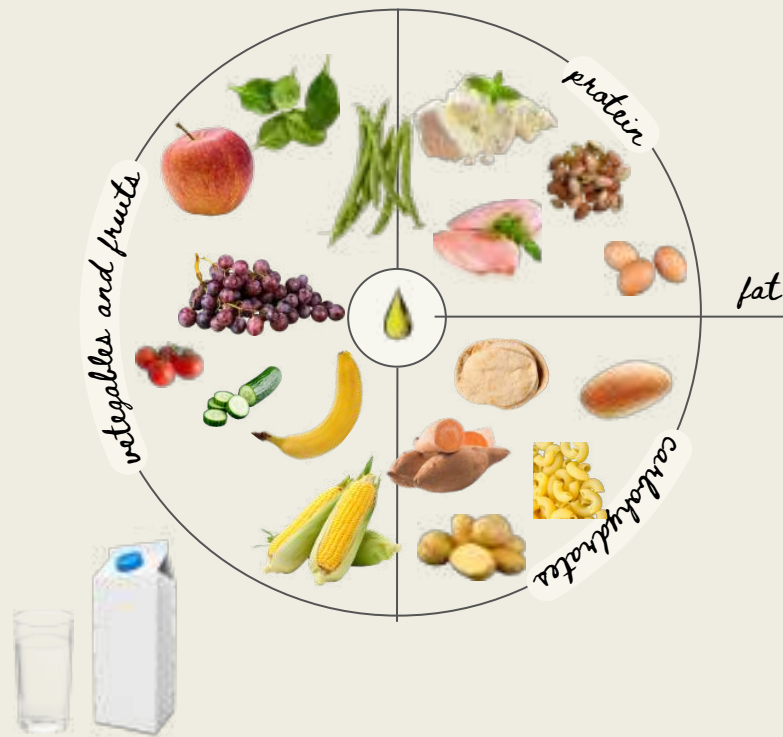
🍁 Autumn (September–November)

- Pomegranate
- Apple
- Pear
- Guava (continues)

❄️ Winter (December–February)

- Oranges (especially December–February)
- Mandarins (Clementines)
- Lemons
- Strawberries (winter strawberries are also famous)

Choose Variety of food



the first 1000days

The First 1,000 Days: Building the Future

The first 1,000 days of a child's life can shape their future. During the first 1,000 days of life, a child's brain develops enormously. With every hug, every nutritious meal you provide, and every game you play, you are supporting the development of your child's brain.

Tips for Parents During the First 1,000 Days:

- Make sure to have a sufficient and balanced diet during pregnancy and breastfeeding.
- Ensure at least four prenatal care visits to support the health of both mother and baby.
- Practice exclusive breastfeeding for the first six months.
- Start giving your baby complementary foods after six months.