

HAPPY BIRTHDAY TO YOU!

Birthdays are a time to celebrate and to make each child feel special. They are also a chance to be consistent with the healthy eating messages we teach our tamariki.

Why not try some of these healthy celebration ideas:

- ♥ Cakes made entirely from fresh fruit and veges
- ♥ Fruit smoothies
- ♥ Fruit kebabs
- ♥ Fruit and vege platters
- ♥ Mini pizzas
- ♥ Cookie cutter sandwiches.



Or try some of these non-food ideas to make the child feel special:

- ♥ Use a special chair, cape or crown
- ♥ Have a special birthday lunch tray and tea cup
- ♥ Birthday child chooses their favourite song, book, dance or game
- ♥ Have a scavenger hunt or play musical games
- ♥ Make a playdough cake.

