

Healthy Living Healthy Tuck Shop



How do you encourage healthy eating in your setting?

How can you offer a range of healthy alternatives that will encourage children to stay in the setting for snack/tuck time?

Task

Give each of the staff the same five ingredients and have a challenge to develop the most exciting and healthy snacks.

Now try this with the children.

To make this more of a challenge, why not give the children a budget and give them the opportunity to run the tuck shop in teams making it into a small enterprise.