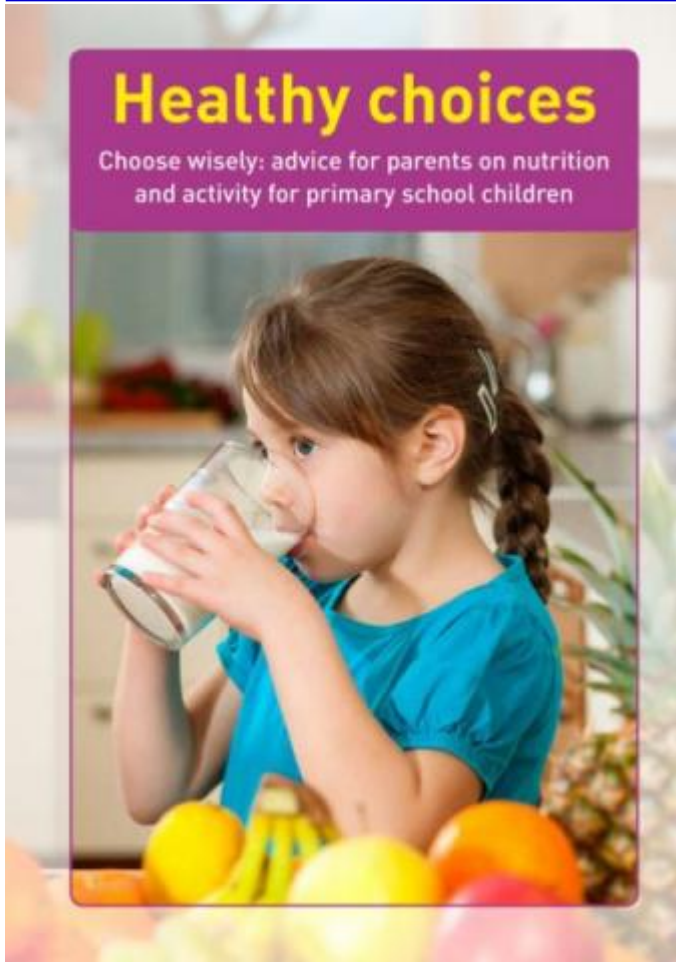


Monday, 20 April 2026

[Health and Social Wellbeing Improvement](#)



This booklet shows how parents and carers of primary school children can choose food from the different food groups to make sure their family is getting all the nutrients they need to stay healthy.

## Details

Format

A4 booklet, 24 pages

Target group

Parents and carers of primary school children

## Downloads

**Attachment**

**Size**

[Health choices Choose wisely - advice for parents on nutrition and physical activity for primary school children \(April 2026\)](#)

4.16  
MB

## Tags

- [healthy eatinf](#)
- [nutrition](#)

[Print](#)