

Wednesday, 10 September 2025

[Health and Social Wellbeing Improvement](#)

Healthy breaks for pre-school children

A guide for parents



HSC Public Health
Agency

school
food

Leaflet for parents explaining why a healthy break is so important for pre-school children and some tips and ideas for healthy nutritious breaks.

Please note the translation is of an earlier version.

Details

Format

A5 leaflet

Target group

Parents

Downloads

Attachment	Size
Healthy Breaks for Pre-school.pdf	619 KB
Healthy Breaks for Pre-school A5 Leaflet IRISH 07_18.pdf	408.29 KB

Tags

- [nutrition](#)
- [healthy break](#)
- [school food](#)

[Print](#)