



# nutrition

It's an adult's responsibility to know  
What's good & nutritious for a child.

1- SLEEP



2- MOVEMENT



3- NUTRITION



4- ROUTINE



5- LOVE



## Why is nutrition important?

Good nutrition fuels a child with energy  
for social and physical challenges.

Careful food selection teaches self-care and  
how to have a healthy relationship with food.

Preparing and sharing meals together  
influences a child's actions and choices.

## Parent & Caregiver Tip

*Make it a priority to have dinner as a  
family on a regular basis. This models a  
positive routine and promotes healthy  
communication about food and life.*

 *Make food a family affair. Cook, eat, and celebrate together.*



This message is brought to you by the Count 5! Public Awareness Campaign  
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