

Dear parents,

Your child is in a fast growing up period. He/she eats out more than before. Do you know the foods which your child should eat to grow-up healthily and how much he/she should eat in a day? Or is the most important thing only to feed your child?

Do you think that all the foods your child eat is necessary for him/her? Does your child's eating habits effect his/her health and success or effect him/her happiness?

If you are curious about the answers and If you want to increase your child's health and academic success, you should read the suggestions below carefully and apply them.

*In order to have an ideal height according to his/her age and weight for development of bones, teeth and muscles:

PER DAY

-2-3 cup of milk or yoghurt or 1. $\frac{1}{2}$ oz cheese.

*For brain development, to be resistant to diseases and protection from anemia.

PER DAY

-2,3 pc meat, chicken, turkey or fish

-a bowl of legume (bean,pea,lentil)

-an egg three-four times a week

*In order to protect from illnesses, fort he regulation of digestive system and eye health, tooth healht and skin health.

PER DAY

-5 serving fresh vegetables and fruits.

*To give energy and strengthen your nervous system.

PER DAY

-4-6 slices of bread

-a bowl of rice or pasta

-a bowl soup or a slice of patty(börek)

SUGGESTIONS

- You should pay attention to your child to have 3 main meal and 2 dec meal. Don't skip meal.
- Breakfast is important for your child's academic success. Make your child have breakfast.
- You should prefer fruits, ayran, milk, fruit juice, cheese sandwich, cake in your child's dec meal.
- You should use iodized salt in your food and you should keep the salt in a dark colored jar with a cap on. You should avoid using too much salt.
- You should make your child drink 1-1,5 lt of water in a day.
- You should be careful about the changes on your child's weight. If necessary you should get help from a doctor.
- You should prefer milk, ayran, fruit juice, cheese, fruit, bread, dried fruit, fresh vegetables,boiled egg, meat(meatball, chicken, fish) in your child's lunchbox.
- You should keep the lunchboxes clean.
- You should warn your child not to buy the foods sold without packages.
- You should be a model for your child to gain a balanced diet habit. You should prefer the food having high nutritional value rather than the foods having high fat and sugar(chips, fried foods, candies, fizzy drinks)
- You should make your child spend less time in front of TV and computer and have an interest in sport.