

Healthy birthday celebration ideas

For preschoolers



Birthday chair and felt birthday cake

Decorate a special birthday chair and use a felt birthday cake with candles to sing happy birthday.



Yoghurt and fruit cups

Serve yoghurt with fruit in special cups or jars.



Birthday outfit or face painting

Have a special outfit for the birthday child to wear or paint their face.



Fruit kebabs

Use popsicle sticks to thread cut up fruit pieces.



Healthy mini pizza

Make pizzas with healthy toppings on wholemeal English muffins or pita bread.



Watermelon cake

Use watermelon as a base and layer with fruit.

Birthday celebrations at services can still be fun, special and memorable without compromising on nutrition. For more healthy celebration ideas, visit our [Celebrations Cookbook](#).



Munch & Move