

Download Happy Kids Happy Mealtimes

The Blue Strawberry Nurseries are safe, comfortable and lively places. Our highly trained and fully vetted staff are dedicated to delivering exceptional childcare, ensuring that your child is stimulated, happy and secure at all times. Breakfast is the first meal of a day, most often eaten in the early morning before undertaking the day's work. Some believe it to be the most important meal of the day. The word breakfast literally refers to breaking the fasting period of the prior night. Ever wondered when Spaniards eat breakfast? And what about lunch or dinner? Spanish mealtimes are confusing, but Amy breaks it down for us, ensuring you'll know exactly when (and what!) to eat in Spain. Illustrated plates gets kids to eat 36% more veggies We have some exciting news to share! New, independent research has shown that kids eat 36% more veggies when they use our very own illustrated MyPlates.