

Healthy Eating

Aim:

The aim of this policy is to ensure children eat a healthy, well-balanced lunch, thus promoting a healthy lifestyle. By encouraging healthy eating patterns we educate children for later life.

Healthy Lunch Options:

We encourage children to choose from the following foods regularly

- Bread/scones
- Pitta bread
- Fruit
- Raw vegetables
- Cheese, lean meat, eggs, fish, peanut butter, salad
- Fruit Juice
- Yoghurt Drinks
- Milk
- Water
- Soup

Treat Foods

We recommend foods such as:

- Fresh fruit
- Raisins
- Yogurt or Yogurt drinks
- Wholegrain/ Digestive biscuits

The 4 Cs are not allowed: Chewing Gum, Crisps, Chocolate bars, Candy. Fizzy drinks are also not allowed.

Glass bottles are banned.

Roles and Responsibilities:

Role of Parents:

- Provide a healthy well-balanced lunch for children
- Encourage healthy eating
- Inform the school of any child's special dietary needs
- To implement school policy by not allowing their children to bring chewing gum, crisps, chocolate bars or candy to school

Role of Children:

- To eat their lunch
- To bring home any uneaten lunch
- To help make their lunches and remind parents of the Healthy Lunch Policy
- Not to bring chewing gum, crisps, chocolate bars, candy or fizzy drinks to school

Role of School:

- To promote and encourage healthy eating.
- If children bring chewing gum, crisps, chocolate bars, candy or fizzy drinks to school they will not be allowed to eat/chew them while in school.

Implementation:

This policy has been implemented from 1st September 2007.

A copy of The Healthy Food Pyramid will be on display/taught in every classroom and will be referred to regularly.

As part of the Social Personal and Health Education curriculum reasons for healthy eating will be discussed with the children regularly by staff.

Teachers may continue to give children a sweet treat on **rare** occasions in recognition of work done, improvements in work or behaviour and in an effort to promote positive behaviour. Sweet treats used prudently by teachers will not interfere with the health of the children.