

St Berteline's C of E Primary School



Healthy Eating Guide



Break Time Snacks
Drinks
Lunchtime Meals
Ideas for lunch boxes

Breakfast:

Our main aim is to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. This begins with breakfast, it is the **most important meal of the day** so please ensure your child comes to school having had a substantial healthy breakfast. Studies show that eating a healthy breakfast before starting the school day is linked to improved concentration, increased energy, a higher intake of vitamins and minerals, and even a healthier body weight. **Breakfast is especially important for young children whose brains use up about half of the body's energy.**

Morning Snacks:

Snacks at first play are to be fresh fruit or vegetables. All infant children receive free fruit and vegetables from school. Junior children need to bring in from their own home.

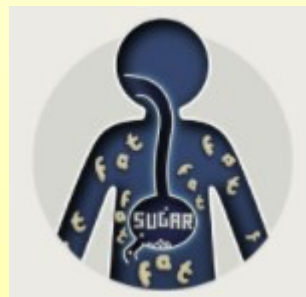
Avoid the SUGAR RUSH!

Research shows:

- **Children today are having twice as much sugar than they should.**
- **They get half of their sugar intake from unhealthy snacks (buns, cakes, pastries, biscuits, cereal, yoghurts, sweets, ice-cream) fizzy and sugary drinks.**

If your child only likes a particular fruit or vegetable you can put this in their bag (not lunchbox) for them to quickly access it at break time.

There is no added sugar in fruit and vegetables so you don't need to worry about their teeth. They also contain vitamins, minerals, fibre and contribute towards your 5 a day. Please be aware that dried fruit must be kept to mealtimes to protect your child's teeth from an acid attack.



How Sugar Affects Our Children

Too much sugar is bad for children's health as it can lead to the **build-up of harmful fat** on the inside that we can't see. This fat can cause weight gain and serious diseases like type 2 diabetes, which people are getting younger than ever before, **heart disease** and **some cancers**. It can also lead to painful **tooth decay**. Every 10 minutes, a child in England has a tooth removed in hospital.

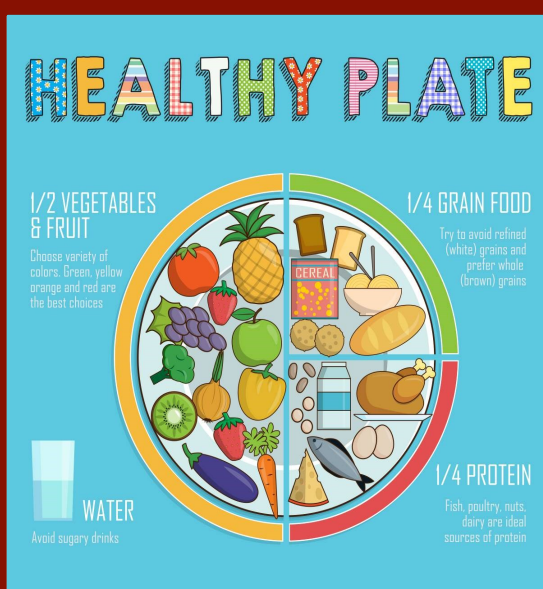
(Change for Life)

Lunchtime Meal:

School dinners

Packed Lunches

Eatwell Guide:



Keeping hydrated throughout the school day:

Our school Cooks make delicious and healthy lunches using the Eatwell Guide to provide a balanced diet. Our weekly menus are found on our school website.

According to NHS Choices a balanced lunchbox should contain:

- ◆ Starchy foods like bread, rice, potatoes or pasta
- ◆ Protein foods like meat, fish, eggs or beans
- ◆ A dairy item, like cheese or yoghurt
- ◆ Vegetables or salad and a portion of fruit

YOUR LUNCHBOX CAN INCLUDE:

Main event: sandwich/pasta/rice/noodles/left overs or soup in a thermos flask

1 fruit or veggie snack

1 dairy based snack (no added sugar yoghurts)

1-2 extra nutritious snacks

We have a **no potato crisp** policy at St Bert's school. However, we do allow baked crisps as they are healthier. Alternatives: Chedders, rice cakes, plain popcorn, bread sticks, lentil or vegetable crisps.

We allow all **biscuits, plain and chocolate ones** as long as there is very little chocolate on them for example, Twix, KitKat or chocolate fingers. We do not allow chocolate bars eg Cadbury Dairy Milk.

We encourage children to bring their own **water bottle** to school. Please do not fill this bottle with juice, it has to be **water only**. This bottle stays in your child's classroom.

Drinks in packed lunches will be needed, this can be water or milk. If your child has a school dinner, they will be provided with a drink of water or milk.

change 4 life

Hints, tips and ideas

Visit the following website:

<https://www.nhs.uk/change4life>

There are many great websites online to give you ideas for packed lunches.

Tips:

- Plan with your child what they will eat
- Make it fun!
- Make them the night before school.

Colour-coded nutritional information on packaging tells you at a glance if the food has high, medium or low amounts of fat, saturated fat, sugars and salt.

Red means high

Amber means medium

Green means low

The more green on the label, the healthier the choice.

You can eat food with mostly amber on most of the time.

You should cut down on foods with red labels, eating them less often and in small amounts.

Think about this code when buying snacks for packed lunches. Alternatively you can make your own:

Try these healthier snacks!



Muffins with cream cheese and cucumber sticks



Yoghurt with mandarin segments



Toasted malt loaf with strawberries



Sugar snap peas with low-fat hummus



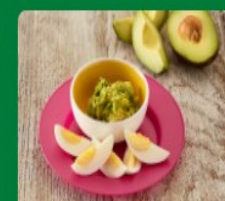
Sliced fruit with yoghurt dip



Home-made popcorn



Toasted pitta with tuna, mayo and yoghurt dip



Mashed avocado and boiled egg



Cheesy oatcakes with tomatoes



Rice cakes with low-fat cream cheese and cucumber



Hummus with veggie fingers



Boiled eggs