

# Healthy Lifestyle Policy 2024



**Eslington Primary School**  
*we aim high and learn together*

**Approved by:**

**Date:** November 2021

**Last reviewed on:**

January 2024

**Next review due by:**

January 2027

## Introduction

To educate, equip and empower all pupils to live a healthy lifestyle through the curriculum we teach, the relationships we foster, the environment we provide and the opportunities we create.

We aim to create a culture where healthy lifestyles are promoted and this positively impacts the whole child in terms of their:

- **Spiritual health** including Christian beliefs, healthy choices, positive lifestyles of FAITH.
- **Physical health** including diet, nutrition, exercise and health and safety, drug aware and healthy habits.
- **Emotional health** including relationships, wellbeing, positive peers, safe & secure environment fostering compassionate and courage.
- **Mental health** including a strong work ethic, a positive can-do mentality, wisdom regarding choices and consequences.
- **Relational health** including positive significant peer groups in their class, whole school, families and a positive participation in church and the community.

## It is also in response to our Rights Respecting Ethos

The United Nations Convention on the Rights of the Child (CRC) is at the heart of our schools planning, policies, practice and ethos. As a rights-respecting school we not only always teach children's rights but also model respect and the awareness of pupil's rights. Everyone within the school community has rights upon which we base our aims and school ethos. These have been further informed by the United Nations Convention on the Rights of the Child (UNCRC).

These rights are:

1. To be safe
2. To be heard
3. To have beliefs
4. To receive support
5. To be treated with respect and dignity
6. To learn/teach

## Objectives of this policy

The objectives of this policy are:

- ✓ To deliver a curriculum that provides information relating to food, nutrition and fitness and opportunity for at least 2 hours of exercise (Physical Activity) per week. *Please see our PE policy.*
- ✓ To work in conjunction with the school caterer and ensure that the school meals provided meet with the requirements outlined by the 'Primary Nutritional School Standards' and parents are kept informed and up to date.
- ✓ To promote healthy eating for pupils with lunch boxes and the eating of snacks at break time through implementing policies relating to healthy snacks and sandwiches. *Please see [appendix 2](#).*
- ✓ To promote healthy lifestyles through active engagement in extracurricular clubs, playtime games and creative choices.

- ✓ To assist healthy approaches to learning through the accessibility of water in lessons and its availability elsewhere in school.
- ✓ To promote a healthy lifestyle through empowering children to make quality informed choices and develop healthy relationships – as discussed in our PSHCE/RSE/RE lessons.
- ✓ To promote a healthy lifestyle through involvement in the positive community activities that promote health and a sense of pride.
- ✓ To enable pupils to take part in our collective events such as sports days.
- ✓ To introduce pupils to and forging links to many outside agencies and sports coaches that promote good health.

**We aim to achieve these objectives by offering the following:**

**Healthier Curriculum.**

We seek to deliver a curriculum that provides:

- ✓ Information, understanding and application of the importance of healthy foods & nutrition and the need for a balanced diet.
- ✓ Opportunity for weekly indoor and outdoor fitness activities.
- ✓ At least 2 hours of exercise per week including taking part in *Daily Mile* and *Wake Up Shake Up*.
- ✓ Carefully planned PE that develops pupil's suppleness, strength, skills and speed including access to sporting interventions delivered by our school coach Mr Logan.
- ✓ Scientific understanding and experiences relating to keeping our bodies healthy.
- ✓ A range of Health-related units of work in PSHCE delivered by health experts such as the school nurse or dentist.
- ✓ DT and provision of cooking experiences within the regular curriculum.
- ✓ Equal opportunity for pupils in terms of access and inclusiveness and provision.
- ✓ Opportunity for all pupils to achieve National Curriculum Swimming Standard.
- ✓ Opportunity for celebration of our healthy achievements in a weekly assembly.
- ✓ Enhanced PE provision using professional as we are a member of the local School Sports Council Cluster of schools.
- ✓ Brain gym and Worship workouts being part of the daily curriculum.

**Healthier clubs and activity choices**

We seek to promote healthy lifestyles through:

- ✓ Extra-curricular clubs, during and after school hours ensuring good value for money which promotes inclusiveness of all pupils regardless of their parent's ability to pay.
- ✓ The availability of a range of playtime games equipment for pupils to use every day.
- ✓ Developing a healthy playground that includes ball walls and marked out games.
- ✓ Organising creative choices – a weekly range of healthy activities for pupils to choose from on a Friday afternoon.

- ✓ Running weekly sports clubs such as football, trampolining, archery etc.
- ✓ Regular Educational visits for all classes encouraging pupils to have healthy interests using local community resources – e.g. Leisure center, Outdoor residential, coastal visit. etc.
- ✓ All support staff running at least one club that develops children’s healthy hobbies and interests.
- ✓ Bidding for sports funding and pupils collecting sports vouchers supplementing our extensive range of PE equipment.

### Healthier Hearts

We seek to ensure pupils take part in our collective events through:

- ✓ Participation of all pupils in more than one event during our annual sports days for both KS1 and KS2.
- ✓ Running specific activities that supports children’s fitness as well as understanding the importance of good health.
- ✓ Providing a full Outdoor Education programme for KS2 including outdoor and adventurous problem solving. We also aim to offer residential trips in Year 6.
- ✓ Participating in interschool sports competitions in several sports all throughout the year.
- ✓ Running interclass sports competitions.
- ✓ We have our own school coach who delivers sporting lessons outside the PE curriculum.
- ✓ Taking part in fund-raising sports activities.

### Healthier Choices

We seek to promote healthy lifestyle through:

- ✓ Empowering children to make quality informed choices e.g. creative choices and stick with their choice developing skills as a habit resulting in healthy consequences.
- ✓ Pupil Voice
- ✓ Developing healthy relationships which are productive and involve teamwork.
- ✓ Discussions in our RE /PSHCE/RSE lessons for children to set aside time for personal reflection and supporting each other in making informed choices.
- ✓ Rights Respecting Charters in every classroom
- ✓ Taking part in Mini Police
- ✓ Encouraging involvement in charity events fostering community awareness and participation. E.g. Children in need,

### Healthier community participation and Role Models.

We seek to promote healthy community participation through:

- ✓ Involvement in positive community activities to encourage others e.g. Mini Police
- ✓ Promoting a healthy sense of pride and ownership of our local community.
- ✓ Developing a full inclusion programme.

- ✓ Working closely with the local churches and Christian groups.
- ✓ Inviting members of our community into school for celebrations.
- ✓ Visiting our community.
- ✓ Using outside agencies to promote healthy lifestyles – eg fire, police, doctors and dentists.
- ✓ Fostering strong transitional arrangements with local secondary schools.
- ✓ Conducting weekly assembly awards celebrations for community involvement.
- ✓ Inviting local Interfaith speakers into school.
- ✓ Supporting community charities that the pupils can get involved.

### **Rationale for Healthy Eating**

Eslington Primary School also recognises the importance of a healthy diet and the significance connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards at school. It is important that Eslington Primary School considers all elements of work to ensure that awareness of healthy eating is promoted to all members of the school community and also the role the school can play to promote family health. Through effective leadership, the school ethos and curriculum, all school staff can bring together elements of the school day to create an environment which supports sustainable healthy eating habits as part of a healthy lifestyle.

The principles of this policy incorporate those outlined in the School Food Plan and the nutritional principles of this policy are based on the 'eatwell plate' <http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx> and the School Food Standards <http://www.schoolfoodplan.com/standards/>

### **Aims**

The main aims of our school food policy are:-

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community
- To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practices
- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation.
- To ensure that the mandatory food-based standards are implemented
- To ensure that the school follows the principles laid out in the School Food Plan, encourages the take up of school meals
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school

## These aims will be addressed through the following areas:

### Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage. Cooking and nutrition was brought in as a compulsory part of the national curriculum from September 2014. Our curriculum drivers reflect on the whole school approach to healthy eating and incorporate stator guidelines:

<https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>

This is addressed through:

#### ✓ Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Planning for all key stages reflect the whole school approach to healthy eating.

#### ✓ Cooking and nutrition

As part of their work with food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. All Pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from. Older pupils are taught about seasonality and a range of cooking techniques.

#### ✓ Cross Curricular links

The school recognises that food has a great potential for cross curricular work and is incorporated in teaching of a variety of subjects in addition to science and PSHE.

#### ✓ Staff training

School staff including teachers and support staff have a key role in influencing pupils' knowledge, skills and attitudes about food and healthy eating, so it is important that they are familiar with healthy eating guidelines.

#### ✓ Visitors in the classroom

This school values the contribution made by outside agencies including the school nurse in supporting class teachers. It is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

#### ✓ Resources

Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum. These reflect the 'eatwell plate' where appropriate.

✓ **Food and Drink provision throughout the school day**

**Breakfast:** Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. The school operates a breakfast club that provides fruit/toast and other nutritious meals during nurtures breakfasts for pupils before the school day and complies with the food-based standards.

**Lunch:** Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. Please see **Appendix 1**.

**Universal Free School Meals:** From September 2014, all children in reception, year 1 and year 2 in state-funded schools in England have been eligible for free school lunches. The School fully supports this initiative, encouraging children to have their free school meal. Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behaviour attainment.

**Fruit Scheme (KS1 only):** The School is part of the National Fruit and Vegetable Scheme. Children eat their fruit as part of circle time and area assisted with chopping/ washing as appropriate.

**Snacks:** The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. The school only permits fruit-based snacks at break times and during the school day. The school discourages the consumption of snacks high in fat and sugar at break-time. Advice on this standard is available from the Children's Food Trust <http://www.childrensfoodtrust.org.uk/schools/the-standards/revised-standards/other-than-lunch>

**Use of food as a reward:** The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

**Drinking water:** Drinking water should be available to all pupils, everyday, and free of charge.

✓ **Food and Drink brought into School**

**Packed lunches:** Packed lunches prepared by the school caterers adhere to the Government Food Lunch Standards. The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options using the principles of the 'eatwell plate'. Please see **Appendix 2** for our packed lunch policy.

✓ **Special Dietary Requirements**

**Cultural and religious diets:** Many people follow diets related to their culture or religious beliefs and the school will make every effort to provide meals for all children. The school needs to have a robust procedure in place for both parents to inform the school of a special diet and for identifying children to ensure that every child receives the correct meal particularly as many of these children are very young and eating school meals for the first time. See form below.

**Medical Diets:** Individual care plans are created for pupils with medical dietary needs/requirements. These document symptoms and adverse reactions and actions to be taken in an emergency.

✓ **Food safety**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include:

- ensuring that adequate storage and washing facilities are available;
- that food handlers undergo appropriate food hygiene training;
- and that suitable equipment and protective clothing are available.
- Any food safety hazards are identified and controlled.
- We consult our local Environmental Health Department about legal requirements.

## Oral Health

Oral health is an important part of general health and well-being. Good oral health enables individuals to communicate effectively, to eat and enjoy a variety of foods, and is important in overall quality of life, self-esteem and social confidence. Oral diseases are largely preventable. Pain, discomfort, sleepless nights, limitation in eating function leading to poor nutrition, and time off school due to dental problems are all common impacts of oral diseases.

The government framework states that early years providers must promote good oral health of children who attend their setting.

Oral health is important, even with baby teeth. This is because children's teeth:

- help them to bite and chew
- support speech and language development
- help them feel confident when they smile
- baby teeth make space for and help to guide adult teeth

Good oral health also keeps children free from toothache, infection and swollen gums. We promote good oral health by linking it to other key topics, like self-care, healthy eating, and physical development as part of the national curriculum.

There are a number of ways parents and carers can promote good oral health at home this is by brushing twice daily with a fluoride toothpaste, regular visits to the dentist and reducing sugar frequency within the diet.

Our school's Oral Health Champion is Vicky Emery.

An Oral Health Promoter from South Tyneside and Sunderland NHS Foundation Trust has been allocated to our school to work with the staff to encourage good oral health routines.

✓ **Dental Visits** It is very important that children have regular dental examinations starting as young an age as possible. As a school, we will ask and record upon admission who is your child's regular Dentist. Visit or phone the practice of your choice and ask if they are happy to see your child under the NHS. You are not obliged to stay at the same dentist and can change practice if you want to, however it is getting increasingly difficult to find an NHS dentist.

To locate an NHS dentist who is accepting new and/or emergency patients please access <https://www.nhs.uk/service-search/find-a-dentist> or dial 111 for dental emergency and out of hours care.

✓ **Birthdays & Celebrations** Birthdays and celebrations are an important part of a child's life. We do allow birthday cakes as part of the celebration however class staff generally make these with the children in school. They may also be cakes, biscuits etc at school parties, celebrations to mark religious or cultural occasions, or at fund raising events)

✓ **Rewards.** Sweets should never be offered to children as a reward. Praise, use of stickers or stars etc. should be given to children for good behaviour or achievement. Eslington Primary School has a points/rewards systems in place (see Behaviour Policy). Children are not allowed to bring sweets or confectionary into school.

✓ **Dental emergencies** Designated staff have had training in how to manage a dental emergency.

### Monitoring arrangements

This document will be reviewed every **3** years but may be reviewed and updated more frequently if necessary.

It will be approved by the Senior Leadership Team after consultations with pupils, staff and parents.

### Links with other policies

This accessibility plan is linked to the following policies and documents:

- Risk assessment policy
- Health and safety policy
- Equality information and objectives (public sector equality duty) statement for publication
- Special educational needs (SEN) information report
- Supporting pupils with medical conditions policy
- PSHE Policy
- SRE Policy
- Physical Education Policy
- Medication Policy

# Alternative Diet Form

To be completed by parent/guardian.

Pupil Information		Pupils Photo
<b>Child's Full Name</b>		
<b>DOB</b>		
<b>Class/form</b>		
<b>Alternative dietary requirement</b> Eg. Halal, vegan  <i>Clearly state the requirements</i>		
<b>Alternative menu provided</b>	<b>Y / N</b>	

A copy of this form along with the menu choices (where applicable) will be displayed in the kitchen. This form, photo and menu (where applicable) require updating before the beginning of the new school year in September  
Parent/guardian to inform the school/kitchen of any changes.

**Signature Parent/Guardian** \_\_\_\_\_

**Print Name**

\_\_\_\_\_ **Date**

**Signature School Representative** \_\_\_\_\_

**Print Name**

\_\_\_\_\_ **Date**

**Signature of School Catering Representative** \_\_\_\_\_

**Print Name**



Name of school/setting

Eslington Primary School

Child's name

Group/class/form

Date of birth

Child's address

Medical diagnosis or condition

Date

Review date

**Family Contact Information**

Name

Phone no. (work)

(home)

(mobile)

Name

Relationship to child

Phone no. (work)

(home)

(mobile)

**Clinic/Hospital Contact**

Name

Phone no.

**G.P.**

Name

Phone no.

Who is responsible for providing support in school

Describe medical needs and give details of child's symptoms, triggers, signs, treatments, facilities, equipment or devices, environmental issues etc

Name of medication, dose, method of administration, when to be taken, side effects, contra-  
indications, administered by/self-administered with/without supervision

Daily care requirements

**Below is to be completed by School only:**

Specific support for the pupil's educational, social and emotional needs

Arrangements for school visits/trips etc

Other information

Describe what constitutes an emergency, and the action to take if this occurs

Who is responsible in an emergency (*state if different for off-site activities*)

Plan developed with

Staff training needed/undertaken – who, what, when

Form copied to



WC: 4/09, 25/09, 16/10, 13/11, 04/12, 08/01, 29/01, 26/02, 18/03, 22/04, 13/05, 10/06, 01/07

Menu Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat based option</b>	Mozzarella Pizza & Pasta with baked beans	Sausages, creamy mashed potatoes, mixed veg & gravy	Roast chicken, Yorkshire pudding, roasted potatoes and Veg with gravy	Pork Meatballs & Wedges & Sweetcorn	Fish & Chips with Peas
<b>Jacket Potato mixed salad</b>	Cheese, Tuna, Baked Beans	Cheese, Tuna, Baked Beans	Cheese, Tuna, Baked Beans	Cheese, Tuna, Baked Beans	Cheese, Tuna, Baked Beans
<b>Sandwich</b>	Cheese, Tuna or Ham	Cheese, Tuna or Ham	Cheese, Tuna or Ham	Cheese, Tuna or Ham	Cheese, Tuna or Ham
<b>Dessert</b>	School Cake & Custard Whole fruit or prepared fruit salad Cheese & Crackers Yogurt	Jelly & Fruit Whole fruit or prepared fruit salad Cheese & Crackers Yogurt	Fruit Smoothie Whole fruit or prepared fruit salad Cheese & Crackers Yogurt	Pancake with Banana & toffee or chocolate sauce Whole fruit or prepared fruit salad Cheese & Crackers Yogurt	Homemade Biscuit Whole fruit or prepared fruit salad Cheese & Crackers Yogurt
<b>Available daily:</b>	Selection of bread      Mixed salad or crudities (cucumber & carrot sticks)      Water				

WC: 11/09, 02/10, 23/10, 20/11, 11/12, 15/01, 05/02, 04/03, 25/03, 29/04, 20/05, 17/06, 08/07,

Menu Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat based option</b>	Mozzarella Pizza & Pasta with baked beans	Pie & Mash with Mixed Veg & Gravy	Gammon Slice, roast potatoes, & Veg	Chicken Curry, steamed rice, naan bread and pea/sweetcorn mix	Fish Finger, Wedges and Peas
<b>Jacket Potato mixed salad</b>	Cheese, Tuna, Baked Beans	Cheese, Tuna, Baked Beans	Cheese, Tuna, Baked Beans	Cheese, Tuna, Baked Beans	Cheese, Tuna, Baked Beans
<b>Sandwich</b>	Cheese, Tuna or Ham	Cheese, Tuna or Ham	Cheese, Tuna or Ham	Cheese, Tuna or Ham	Cheese, Tuna or Ham
<b>Dessert</b>	Waffle & Fruit Whole fruit or prepared fruit salad Cheese & Crackers Yogurt	Ice Cream Roll & Fruit Whole fruit or prepared fruit salad Cheese & Crackers Yogurt	Sponge Cake & Custard Whole fruit or prepared fruit salad Cheese & Crackers Yogurt	Homemade Biscuit Whole fruit or prepared fruit salad Cheese & Crackers Yogurt	Muffin Whole fruit or prepared fruit salad Cheese & Crackers Yogurt
<b>Available daily:</b>	Selection of bread      Mixed salad or crudities (cucumber & carrot sticks)      Water				

WC: 18/09, 09/10, 06/11, 27/11, 18/12, 22/01, 12/02, 11/03, 15/04, 06/05, 03/06, 24/06, 15/07

<b>Menu Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Meat based option</b>	Mozzarella Pizza & Pasta with baked beans	Beef Burger in a bun with wedges and mixed salad or sweetcorn	Beef mince and dumpling, mashed potato and carrots or green beans & gravy	Chicken Wrap, Savoury rice and garlic mayo	Fish Cake Star, Curly Fries & peas
<b>Jacket Potato mixed salad</b>	Cheese, Tuna, Baked Beans	Cheese, Tuna, Baked Beans	Cheese, Tuna, Baked Beans	Cheese, Tuna, Baked Beans	Cheese, Tuna, Baked Beans
<b>Sandwich</b>	Cheese, Tuna or Ham	Cheese, Tuna or Ham	Cheese, Tuna or Ham	Cheese, Tuna or Ham	Cheese, Tuna or Ham
<b>Dessert</b>	Chocolate Crispy cake with Orange Wedge Whole fruit or prepared fruit salad Cheese & Crackers Yogurt	School Cake & Custard Whole fruit or prepared fruit salad Cheese & Crackers Yogurt	Home Made Biscuit Whole fruit or prepared fruit salad Cheese & Crackers Yogurt	Homemade Muffin Whole fruit or prepared fruit salad Cheese & Crackers Yogurt	Ice Cream & Fruit Whole fruit or prepared fruit salad Cheese & Crackers Yogurt
<b>Available daily:</b>	Selection of bread      Mixed salad or crudities (cucumber & carrot sticks)      Water				

## Appendix 2 – Current packed lunch policy

### Practical Tips for a Healthy Lunchbox

- ☺ Try to vary the contents of the lunchbox daily. That way you can ensure your child is getting the variety of nutrients their bodies need to function and grow.
- ☺ Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.
- ☺ Wash your hands before handling food. Wash fruit and vegetables before use and put food in clean containers.
- ☺ To keep food fresh, make sure it is stored properly: lunches packed the night before need to be stored in the fridge. If using rice, make sure it is cooled quickly and stored in the fridge overnight. To keep your lunch fresh during the day, use a cool bag and put in a frozen drink or reusable ice pack.
- ☺ If your child refuses to eat brown bread, try a lighter variety or make sandwiches using a slice of white and a slice of wholemeal bread.
- ☺ For variety, use pitta strips, crackers, bread sticks, or fruit and vegetable finger foods with a dip.
- ☺ Always try to add a little salad to a sandwich. To avoid soggy sandwiches, dry the salad before adding it to the sandwich or put it in a separate sandwich bag or tub.

### Contact Information

Eslington Primary School

Email: [eslingtonprimaryschool@gateshead.gov.uk](mailto:eslingtonprimaryschool@gateshead.gov.uk)

Website: [www.eslingtonfarrowfield.org](http://www.eslingtonfarrowfield.org)

Telephone: 0191 433 4131

Advice taken from workshops held in school by a dietician.



## Healthy Packed Lunch

**\*\*\*\*\* Products containing peanuts MUST NOT be brought into school due to a member of staff having a severe allergy**

## What is a healthy packed lunch?

A healthy packed lunch is a balanced meal providing a variety of nutrients, to be found in four food groups:

### Starchy Foods

Base each meal on a starchy food, such as bread, potato, rice, pasta, yam. Starchy foods give energy, fibre, vitamins and minerals.

- ☹ Bread, try different types, such as pitta bread, wraps or bread rolls.
- ☹ Other starchy foods, such as pasta or rice.
- ✓ Whole grain varieties are best for fibre, which is vital for a healthy digestive system.

### Meat and Alternatives

Add some protein, for example meat, fish, eggs, beans or pulses. Protein foods build muscles and provide minerals.

- ☹ Lean meats, such as chicken, turkey or ham.
- ☹ Cheese, such as cottage cheese, edam or soft cheese.
- ☹ Egg, such as boiled, quiche or omelette.
- ☹ Meat alternatives, such as tofu or tempeh.
- ☹ Dishes containing pulses, beans or meat, for example bean salad.
- ⚠ Use butter, margarine, mayonnaise or salad dressings sparingly, because these can be high in fat, or use lower fat alternatives.

### Milk and Dairy Foods

Include a dairy product or dairy alternative, such as yoghurt, fromage frais, low fat rice pudding or tzatziki. These foods provide calcium necessary for strong bones and teeth, as well as providing protein and vitamins.

- ✓ Lower fat varieties are healthier.

### Fruit and Vegetables

Don't forget to include fruit and vegetables. You can use fresh, frozen, tinned or dried. Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy.

- ☹ Add tomato, lettuce, cucumber or beetroot to a sandwich.
- ☹ A vegetable dish, such as salad or roast vegetables.
- ☹ Fresh fruit, such as apple, banana, pear or melon pieces.
- ☹ Dried fruit, such as raisins, apricots or figs.
- ☹ Fruit salad (fresh or tinned in juice) or vegetable salad.
- ☹ Finger foods, such as cherry tomatoes, cucumber sticks or celery. Good with a dip, such as houmous or guacamole.
- ✓ Use fresh fruit and vegetables, which are in season to help the environment and enjoy variety!
- ✓ All packed lunches should contain at least one portion of fruit and one portion of vegetable or salad.

### Drinks

Drinks, especially water, help children to concentrate and feel well. Water is freely available in school.

- ✓ Water
- ✓ Fruit juice or smoothie (max 150ml)
- ✓ Milk or Yoghurt drink

### Snacks and Confectionery

Snack foods tend to be high in fat, sugar and salt. Foods high in fat can cause excessive weight and may lead to heart disease. High sugar foods are high in calories and bad for teeth. High salt foods may increase blood pressure, which can lead to heart disease and some cancers.

### For a healthier snack:

- ☹ Replace sweets and chocolate with a small bunch of grapes or fruit salad.
- ☹ Replace cakes and pastries with fruit bread or malt loaf.
- ☹ Replace salted savoury snacks with rice cakes or breadsticks.
- ☹ Crisps can be replaced by baked crisps.
- ✗ Please do not put cakes and pastries, chocolate, items containing chocolate, biscuits or fizzy drinks in packed lunches.
- ✗ Please do not include jam, lemon curd or chocolate spread filling for sandwiches.

