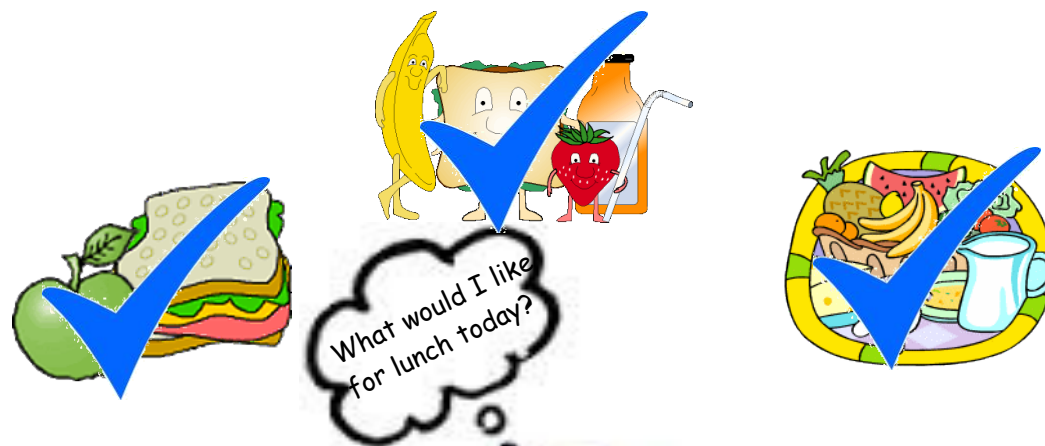
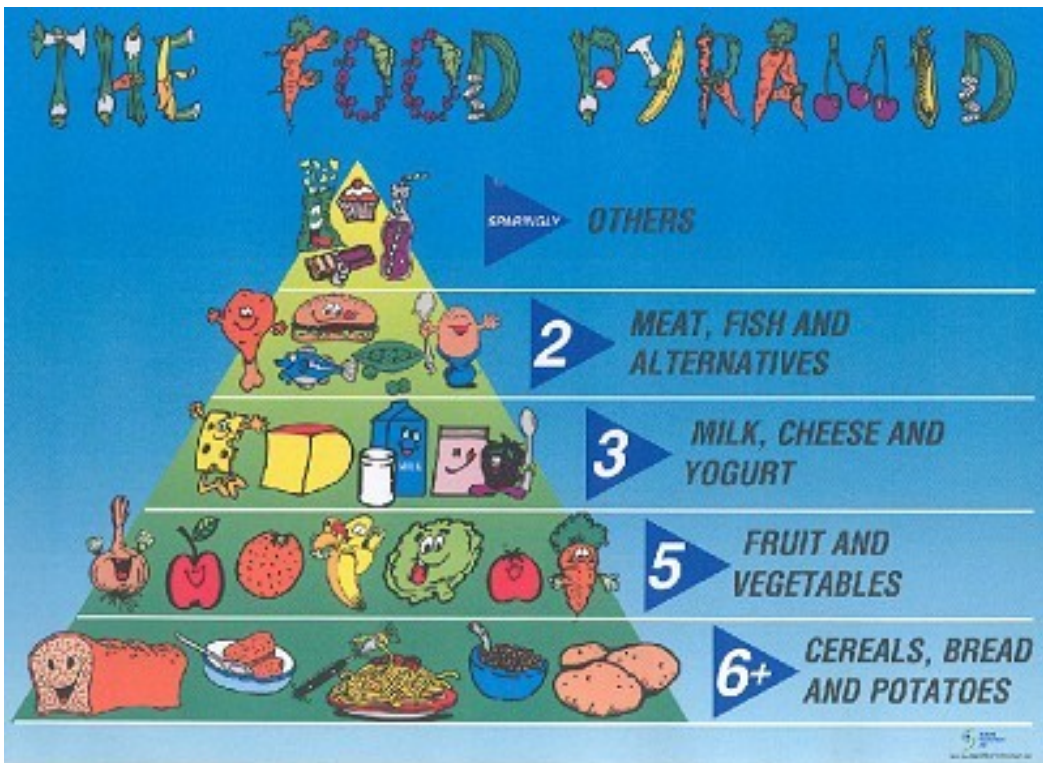


Use the Food Pyramid to help you plan your healthy lunch



Healthy Eating Knock National School



What would I like for lunch today?



WE LOVE LEARNING ABOUT NUTRITION!

Healthy Eating Policy

Aims:

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.

Our aims are:

- To develop responsible attitudes to eating.
- To encourage healthy eating habits.
- To help children understand the link between a healthy diet and a healthy active lifestyle.
- To encourage children to experience a wide variety of foods.

Guidelines:

The current practice is:

Healthy eating Monday through Thursday. A treat is allowed on Friday. No food is allowed during class (unless needed by children with particular dietary requirements).

Treat Day:

Friday is our treat day. On this day children are allowed one small treat (e.g. **one small** chocolate bar / biscuit / small popcorn)

Implementation:

- School staff will provide positive modelling and supportive attitudes to encourage healthy eating.
- A practical guide to healthy eating will be provided for everyone.
- The school will organise a Healthy Eating Week each year.
- The Food Pyramid will be used as the key tool to communicate healthy eating messages.

Promotion of the policy:

- All members of the teaching staff promote this policy through regular verbal reminders and good example to the children.
- Parents will be asked to actively support this policy.
- The policy will be made available for viewing on the school website.

Exceptions:

- End of term parties
- School Trips
- School events (e.g. concerts / matches)
- Teachers may give children a treat on special occasions.

The DO'S and DON'TS of Healthy Eating



Healthy Lunches may include:

- Sandwiches
(e.g. cold meat, tuna, cheese, salad)
- Cream Crackers
- Fruit
- Raw vegetable sticks
- Yoghurts
- Rice cakes
- Cheese
- Cereal bars without chocolate
- Pasta / rice salad bowl
- Wraps / Pitta Breads
- Water
- Milk
- Fruit Juice
- Fruit drink
- Yoghurt drinks

Healthy Lunches do not include:

- Fried fast food
(e.g. chips, wedges, sausage rolls etc)
- Crisps
- Sweets
- Chewy bars
- Chocolate bars
- Sunny Delight
- Lollipops
- Fizzy drinks

Chewing Gum is not permitted in our school



Hot drinks are not suitable for infant classes