

Healthy Eating at School



Promoting nutritious habits for student well-being



Importance of Healthy Eating

Physical Growth & Immunity

- Eating healthy helps children grow strong bones and muscles
- Good food boosts the immune system to fight off illness
- A balanced diet helps children stay active and healthy

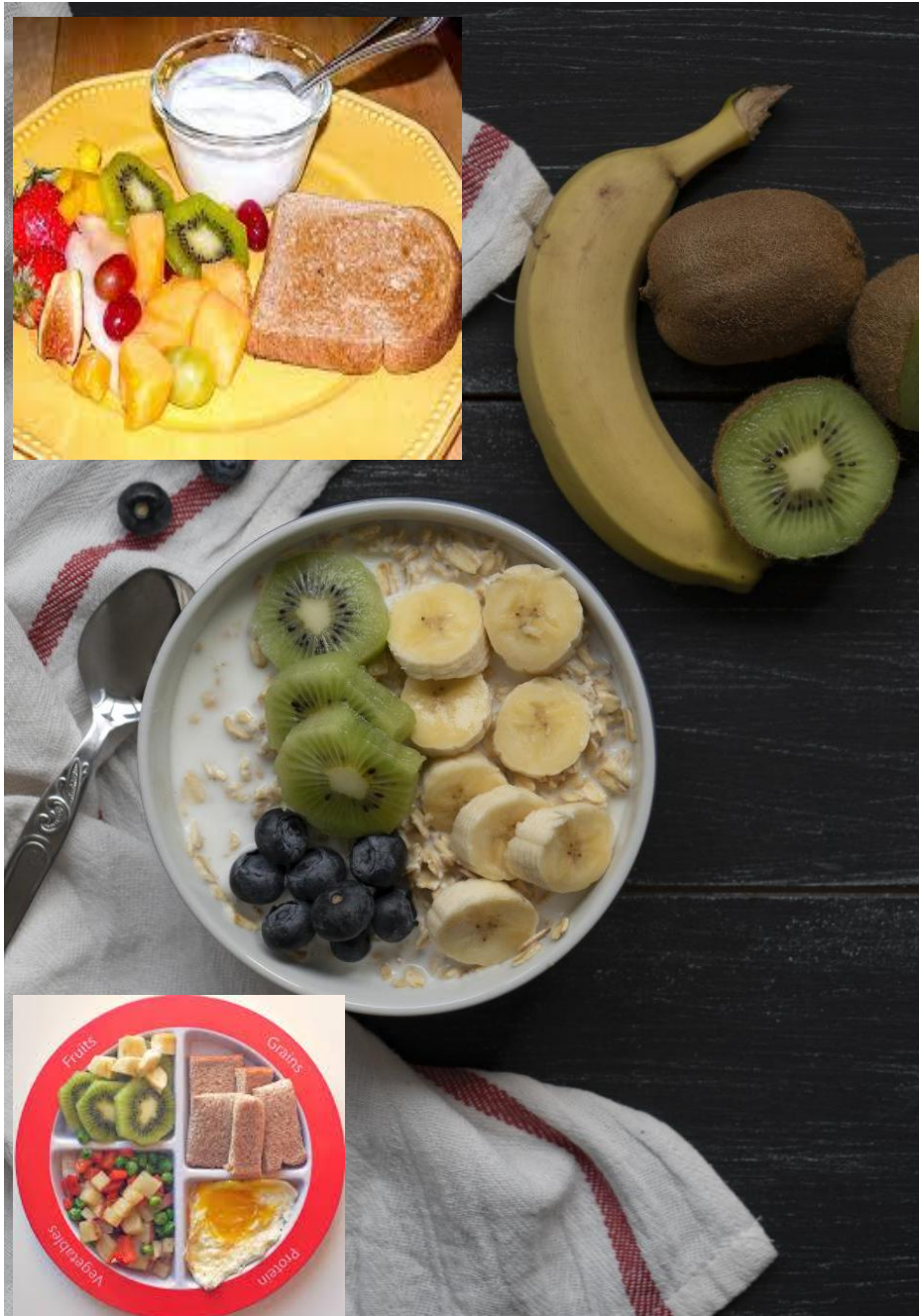
Brain Power & Focus

- Nutritious meals improve concentration in class
- Healthy eating helps children remember things better
- It supports better learning and school performance

Schools' Role

- Schools provide healthy meals to support student health
- They teach children about making smart food choices
- Schools help build lifelong healthy habits





Start the Day Right: Balanced Breakfast

A **healthy breakfast** is a morning meal that gives your body the right mix of nutrients and energy to start the day well. It should include:

✓ Key Components

- **Carbohydrates** – for energy (e.g. wholegrain bread, oats, fruit)
- **Protein** – for growth and repair (e.g. eggs, yoghurt, milk, nuts)
- **Fibre** – for digestion and feeling full (e.g. fruit, vegetables, whole grains)
- **Healthy fats** – for brain function and energy (e.g. avocado, seeds, nut butter)
- **Hydration** – water or milk to stay hydrated

🍽️ Example Healthy Breakfasts

- Porridge topped with fruit and a glass of milk
- Wholegrain toast with scrambled eggs and tomatoes
- Low-fat yoghurt with granola and berries

Free Bagel & Breakfast Club



- **Free Morning Bagels**
 - Every student gets a free bagel each morning.
 - This helps them start the day with a healthy snack.
- **Breakfast Club Program**
 - Breakfast is served at 8:00 AM.
 - The club provides a calm and friendly space to eat before lessons.
 - Meals are healthy and filling.
- **Benefits of the Program**
 - Helps children concentrate better in class.
 - Supports good behaviour.
 - Improves learning and school performance.
 - Encourages a regular morning routine.



Healthy Snacks for Playtime



- **Why Healthy Snacks Are Important**

- Healthy snacks give children vitamins, fibre, and natural sugars.
- These help keep their energy levels up and improve focus during playtime.

- **Why Unhealthy Snacks Should Be Avoided**

- Snacks with too much sugar, salt, or unhealthy fat can lower concentration.
- They may also lead to poor behaviour.

- **Encouraging Healthy Habits**

- Using pictures and signs helps children learn to make good food choices.
- Healthy eating supports both well-being and learning.

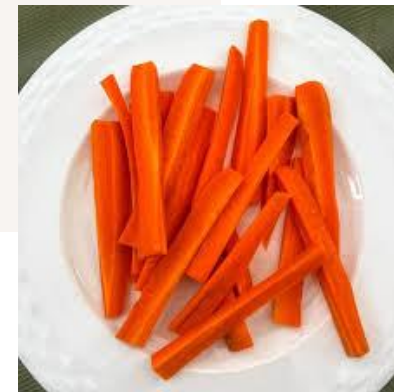


Healthy Snacks for Playtime



Healthy Snack Ideas for School Lunchboxes

- **Fresh fruit:** Apples, bananas, grapes, oranges, berries
- **Vegetable sticks:** Carrots, cucumber, celery, bell peppers
- **Wholegrain options:** Rice cakes, oat bars, wholemeal crackers
- **Protein-rich snacks:** Cheese cubes, boiled eggs, hummus with veggie sticks
- **Dairy:** Low-fat yoghurt or fromage frais
- **Nuts and seeds (if allowed):** Unsalted almonds, sunflower seeds
- **Dried fruit:** Raisins, apricots, dates (*in small portions*)



What Makes a Healthy Lunchbox?



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🚫 Foods to Avoid

- **Sugary snacks:** Sweets, chocolate bars, and pastries can cause energy spikes and crashes.
- **Fizzy and sugary drinks:** These add empty calories and can affect concentration.
- **Salty snacks:** Crisps, salted crackers, and processed meats are high in salt and unhealthy fats.
- **Highly processed foods:** Sausage rolls, chicken nuggets, and packaged snack cakes often contain additives and low-quality ingredients.
- **Sticky or chewy sweets:** These can damage teeth and are hard to clean off.



The Balance of Good Health



- **Balanced Nutritious Meals**
 - Meals include protein, carbohydrates, vegetables, and fruits.
 - This helps children grow and learn well.
- **Variety and Rotation**
 - The menu changes often to offer new foods.
 - This keeps children interested and meets nutrition guidelines.
- **Supporting Health and Learning**
 - Healthy meals help children stay well and do better in school.
 - They also encourage good eating habits for life.

Our School Menu



YOUR MENU Week TWO

Monday	Tuesday	Wednesday	Thursday	Friday
Lamb Burger With Homemade Jacket Wedges(v)	Tex – Mex enchiladas with Minced Beef/Quorn	Roasted Chicken Fillet or Drumstick Veggie Fingers	Chicken Tikka Masala With Wholemeal Rice & Naan	Homemade Margarita Pizza
Cheese & potato pie	Salmon & Courgette Pasta Bake	Both served with gravy	Spanish Omelette & Parsley Potatoes(v)	Fish Fingers and Chunky Chips
Served With seasoned wedges, Fresh Seasonal Vegetables & Salad	Served with Seasonal Vegetables & Salad	Served With Fresh Seasonal Vegetables, Roast Potatoes & Salad	Served with Fresh Seasonal Vegetables & Salad	Served With Chunky Chips, Fresh Seasonal Vegetables & Salad
Fresh Seasonal Salad Bar With Fresh Bread Available Daily				
A Daily Selection Of Fresh Fruit & Fruit Yoghurts				
Shortbread Served with Custard	Beetroot & Cocoa Muffins	Sultana Cookie served with a Cup of Milk	Val's Orange Sponge & Custard	Assorted Flavoured Ice cream Tubs

What Can We Drink at School?

- **Why Hydration Is Important**

- Drinking enough water helps children stay focused and full of energy.
- It also supports their overall health during the school day.

- **Recommended Drinks**

- Plain water in a reusable bottle is best.
- Milk is also good—it provides calcium and vitamin D for strong bones.

- **Drinks to Avoid**

- Sugary drinks like squash, fizzy drinks, and energy drinks can affect behaviour and learning.

- **Helping Children Make Good Choices**

- Using pictures and signs helps children understand which drinks are healthy.
- It also supports school rules about hydration.



Healthy Habits at Home and School

- **Balanced Evening Meals**
 - Eating a healthy meal at night helps children sleep better.
 - It also gives them steady energy for the next day.
- **Benefits of Physical Activity**
 - Activities like walking, playing sports, or dancing help children stay fit.
 - Exercise also supports emotional well-being.
- **Good Hygiene Habits**
 - Washing hands and brushing teeth helps prevent illness.
 - These habits teach children to take care of themselves.
- **Limiting Unhealthy Snacks**
 - Cutting down on sugary and fatty snacks helps keep a healthy weight.
 - It also lowers the risk of long-term health problems.



- **Parental Support**
 - Parents help children stay healthy by giving them nutritious meals.
 - They also encourage good eating habits every day.
- **Working with Schools**
 - When parents and schools work together, children get a clear message about healthy living.
 - This teamwork supports wellness and good choices.
- **Being a Role Model**
 - Parents show healthy habits by what they do—like eating well and staying active.
 - Children learn by watching and copying these behaviours.
- **Supporting the Whole Child**
 - When home and school both give support, children grow well in body, mind, and learning.



Working Together for a Healthy Lifestyle