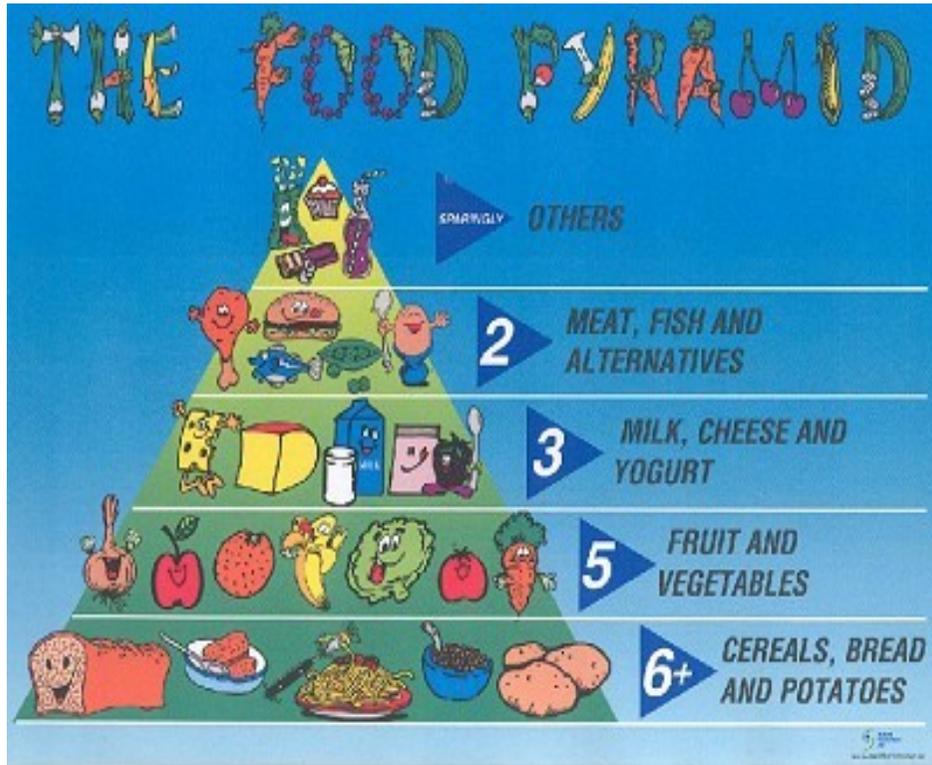
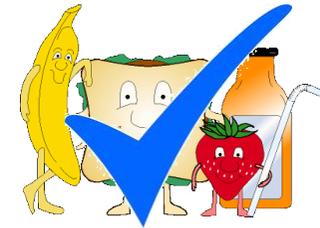


Use the Food Pyramid to help you plan your healthy lunch



Healthy Eating

Presentation Senior 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 that 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:

*On Friday, children are permitted to eat 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/guardians 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.*

Healthy lunches may include:

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

Healthy lunches will not include:

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

Health and Safety

Children are not permitted to consume chewing gum, lollipops, nuts or food products containing nuts. Only children in 5th and 6th classes are permitted to consume hot drinks in school.



Presentation Senior School's Board of Management and staff are extremely grateful to the children and their parents/guardians for helping us to successfully implement this school policy on a daily basis.