

Healthy Eating

Presentation Senior School



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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

Rules:

Healthy Eating at all times

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 (eg concerts/matches/sports day)
- Teachers may give children a treat on special occasions

The Food Pyramid can be used to plan a Healthy Lunch

Some examples of **healthy lunch foods** are:

- **Fruits**(*apples, grapes, bananas etc*)
- **Raw vegetable sticks** (*e.g. celery, carrots etc*)
- Sandwiches (cold meat, tuna, cheese, salad etc)
- Wraps/Pitta Breads/ Rolls/ Bagels/Pancakes/Crackers/Rice Cakes
- Pasta/Rice
- **Yoghurts/Yoghurt drinks**
- Hot Soup (5th/6th Class pupils only)
- Water
- Milk
- Diluted water

Foods from the top layer of the Food Pyramid are **not permitted**. These include the following:

- Crisps/Pringles etc
- Drinks containing sugar and additives e.g. fizzy drinks, sports drinks, drinks in cartons etc
- Lollipops
- Bars (chocolate, chewy etc)
- Sweets
- Biscuits
- Chocolate yoghurts
- Winders
- Crossants, buns, sweet cake etc
- Chips, wedges, sausage rolls etc

Health and Safety:

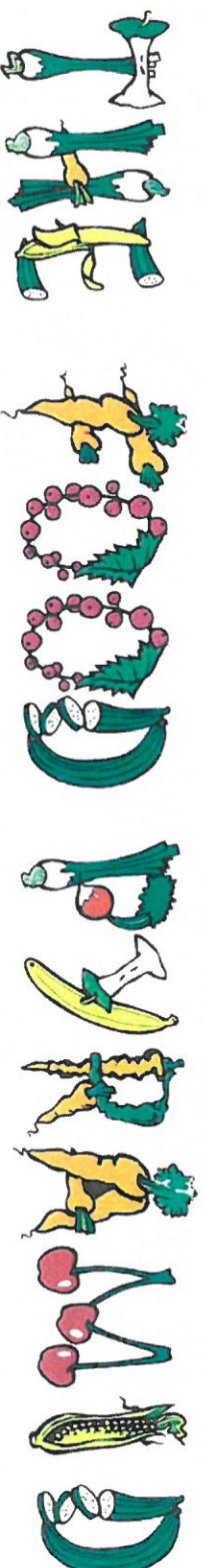
For Health and Safety reasons children are **not permitted** to eat the following in school: **chewing gum, lollipops, nuts or food products containing nuts.**

Note: A pupil may not eat during class unless he/she needs to do for medical reasons.

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



Use the Food Pyramid to help you plan your healthy lunch



For children aged 5 and up

Foods and drinks high in fat, sugar and salt



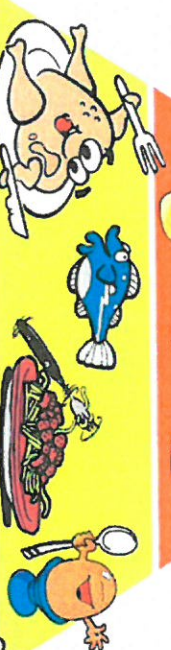
NOT every day
No more than once or twice a week

Fats, spreads and oils



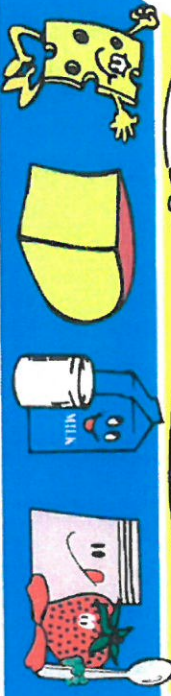
In very small amounts

Meat, poultry, fish, eggs, beans and nuts



2
Servings a day

Milk, yogurt and cheese



3-5
Servings a day
5-8 year olds need 3 servings every day
9-12 year olds need 5 servings every day
13-18 year olds need 5 servings every day

Wholemeal cereals and breads, potatoes, pasta and rice



3-5
Servings a day
Up to 7 servings for active teenage boys

Vegetables, salad and fruit



5-7
Servings a day