

Importance of a healthy diet in a child's life

As a health promoting school, we strongly encourage the children to become more aware of the need for healthy food in their lunch boxes.

Aims of healthy eating:

- To promote the personal development and well-being of the child
- To promote the health of the child and provide a foundation for healthy living in all its aspects
- To help stimulate concentration and maintain attention
- To help the child glow inside and out!

A healthy lunch box is one which contains a minimum quantity of foods high in sugar, salt and fat. It should provide lots of dietary fibre, vitamins and essential minerals. It is asked that parents avoid putting sticky pops, sweets, crisps, popcorn, chocolate, biscuits or fizzy drinks in their children's lunches.

Some appetising ideas:

- Wholegrain rice
- Wholemeal bread or rolls
- Lean meat

- Pasta - wholegrain
- Potato salad
- Tinned fish
- Cheese
- Quiche
- Segments of fruit and vegetables: apples, bananas, peaches, mandarins, dried fruit, plum, fruit salad, grapes, pineapple cubes, tomato, sweetcorn, cucumber.

Healthy drinks:

- Milk
- Fruit juices
- Low sugar squashes
- Yoghurt drinks

A simple and effective approach to healthy eating and ensuring your child is obtaining the R.D.A. (Recommended daily Allowance) of each nutrient is the Food Pyramid:

Fats, Sugar, Sweets, etc.	Eat sparingly
Meat, Fish, Peas/Beans	2 portions per day
Milk, Cheese and Yoghurt	3+ portions per day
Fruit and Vegetables	4+ portions per day
Bread, Cereals and Potatoes	6+ portions per day

