



## HEALTHY EATING POLICY

WRITTEN/LAST REVIEWED BY: MONA EL MASRY  
RATIFIED BY: SLT  
FILE PATH:

DATE: NOVEMBER 2019  
IMPLEMENTED:  
DUE FOR REVIEW: NOVEMBER 2022

### **Rationale**

Research has shown that what children eat and drink can have a considerable impact on how they behave and how they learn. Artificial colorings, high sugar and fat levels can hinder a child's progress. It is for this reason that we expect parents to follow the guidelines for preparing packed lunches shown below and refrain from allowing their children to bring the banned items mentioned below.

### **Guidelines for good practice**

In order to keep food fresh and insect free, sealing items in plastic bags, cling-film or lunch boxes would be preferable. Drinks should be placed in a plastic bottle or a flask.

Labeling these items will prevent food getting mislaid or mixed up.

Children can bring the following:

- Sandwiches
- Fruit
- Biscuits (without chocolate)
- Juice and milk (not in a glass container)
- Water (not in a glass container)
- Salads
- Cereals (together with milk to create a wholesome breakfast snack)

Children may not bring:

- Chocolate or sweets
- Crisps or chips
- Fizzy drinks
- "Junk food" such as, fries, fried chicken drumsticks etc
- Chocolate biscuits



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### **Packing a health**

#### **lunchbox\_**

Children will look forward to these tasty, healthy and affordable meals.

**Lunch should supply about one third of daily Energy requirements, as well as a third of protein,**

In order to comply with Health and Safety regulation pupils will not be allowed to eat in class, except with the discretion of the teacher. They will also not be allowed to drink anything in class except water.

#### **Carbohydrates, fiber, vitamin and mineral needs. Try to include:**

- ✓ Pure fruit juice or water
- ✓ At least one portion of fresh or dried fruit
- ✓ One portion of salad or vegetables
- ✓ One carbohydrate food (bread, pasta, rice)
- ✓ One dairy food or calcium —rich food (milk, yoghurt, cheese)
- ✓ One protein-rich food (meat, fish, egg, peanut butter)

The key to keeping children interested in lunch is variety. Avoid sandwiches everyday. Pack a variety of interesting foods, such as:

- Pizza slices
- Pasta, potato or rice salad in a small tub



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- Soup in a flask
- Tortilla wraps with interesting fillings
- Slices of rolled up meat
- Cheese dips or pate with vegetable sticks or cherry tomatoes

Fillings for sandwiches — cheese, chicken, turkey, beef, peanut butter, tuna, hummus, salad (cucumber, tomato, lettuce) egg mayonnaise.

Fruit — fresh, dried (small bag of e.g. apricots, raisins, dates) Fruit salads in juice.

Yoghurt drinks

Popcorn (plain)