

# Healthy Eating Policy

## Aim:

The aim of this policy is to ensure children eat a healthy, well-balanced lunch, thus promoting a healthy lifestyle. By encouraging healthy eating patterns we educate children for later life.

## Healthy Lunch Options:

We encourage children to choose from the following foods regularly

- Bread/scones
- Pitta bread
- Wraps
- Fruit
- Raw vegetables
- Cheese, lean meat, fish, salad
- Fruit Juice
- Smoothies
- Milk
- Water
- Soup

## **Treat Foods**

We recommend foods such as:

- Fresh fruit
- Raisins
- Yogurt or Yogurt drinks
- Wholegrain/ Digestive biscuits

**The 4 Cs are not allowed Monday to Thursday: Crisps, Chewing gum, Chocolate bars, Candy**

## Roles and Responsibilities:

### **Role of Parents:**

- Provide a healthy well-balanced lunch for children
- Encourage healthy eating
- Inform the school of any child's special dietary needs
- To implement school policy by not allowing their children to bring crisps, chocolate bars or candy to school Monday to Thursday
- Chewing gum and lollipops are not allowed at school

### **Role of Children:**

- To help make their lunches and remind parents of the Healthy Lunch Policy
- To eat their lunch
- To bring home any uneaten lunch

### **Role of School:**

- To promote and encourage healthy eating.
- Teachers will teach lesson on healthy eating as part of the SPHE and science curriculum.

### **Implementation:**

This policy will be referred to at the beginning of each school year.

A copy of the *Healthy Food Pyramid* will be on display in every classroom and will be referred to regularly.

As part of the Science and Social Personal and Health Education curriculum, teachers will teach lessons on healthy eating.

### **Science**

*Junior Infants – Second Class*

*Strand: Living things*

*Strand Unit: Myself (Human life Processes)*

*Third Class – Sixth Class*

*Strand: Living things*

*Strand Unit: Human life (Human life Processes)*

### **SPHE**

*Junior Infants – Sixth Class*

*Strand: Myself*

*Strand Unit: Taking Care of my Body (Food & Nutrition)*

A healthy eating week will be held each year in September.

Teachers may give a sweet treat on occasions in recognition of work done, improvements in work or behaviour and in an effort to promote positive behaviour.

These sweet treats will be given on a Friday and will not interfere with the health of the children.

Friday will be designated treat day in the school. Children will be allowed to bring a treat. However, healthy treats are encouraged.

**Resources:**

You Tube (Jamie Oliver, Failed Experiment)

DVD - Food Dudes

Food Pyramid

[www.primaryresources.co.uk](http://www.primaryresources.co.uk)

[www.seomraranga.com](http://www.seomraranga.com)

[www.bbc.co.uk](http://www.bbc.co.uk) (Healthy Eating)

[www.schooljotter.com](http://www.schooljotter.com)