

# San Carlo Senior Primary School

## Healthy Eating Guidelines

### 2011

San Carlo primary School through these guidelines aims to help all those involved in our school community, children staff and parents in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.

Nutrition – what people eat is known to be one of the key factors influencing the health of school children. The taught curriculum provides an opportunity to teach about food and healthy lifestyles.

A healthy lunch box includes a piece of food from the first four shelves of the food pyramid.

Among the items that are not permitted are:

- Fizzy drinks
- Crisps and other salty products.
- Sweets, bars and other sugary products

Friday is our treat day. On this day we can include one small piece of food from the top shelf of the food pyramid. (A biscuit for example)

Cans and glasses are not permitted for safety and litter reasons. Healthier choices of drink include water, milk and unsweetened juice

Some of the healthy snacks that we encourage for the small break include a small box of raisins, fruit, yoghurt, fromage frais and crackers.

Foods that have wrappers are to be kept to a minimum and disposed of properly to reduce litter and protect our environment.

Teachers will provide positive modelling and supportive attitudes.

