**![C:\Users\Teacher\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\FV0W7C6V\MC900353859[1].wmf]() Healthy Eating Policy** ![C:\Users\Teacher\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\FV0W7C6V\MC900233355[1].wmf]()

As part of the Social, Personal and Health Education (SPHE) Programme, at St. Mary’s Junior Boys’, we encourage the children to become more aware of the need for healthy food in their lunch boxes.

What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance (e.g. low sugar intake promotes concentration, lessens hyperactivity, protects teeth, and lessens the risk of diabetes. A low salt intake reduces the risk of heart disease in later life.)

To promote healthy eating habits in our school we have updated our healthy eating policy starting from December 3rd 2012.

**Aims**

1. To promote the personal development and well-being of the child.
2. To promote the health of the child and provide a foundation for healthy living in all its aspects.

**Objectives**

1. To enable the child to appreciate the importance of good nutrition for growing and staying healthy.
2. To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

**Healthy Eating Suggestions Not Allowed!**

* Drinks: water/milk Chewing gum
* Bread/rolls/pitas/wraps/ Fizzy drinks/sports drinks

 scones/cream crackers/pasta Crisps/popcorn

* Cheese/ham/chicken/turkey/ Nuts

 beef/egg/salad/tuna etc. Lollipops

* Fruit & Veg: apples/pears/ Yop

oranges/berries/carrot sticks etc. Big chocolate bars

* Yogurt/frubes Winders

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**Why?**

1. Food is our only source of energy
2. Children are growing and developing and need a good diet.
3. Food helps children work, concentrate and behave well at school.
4. A balanced diet helps prevent obesity and diabetes.
5. Children who develop good eating habits will have them for life.

**Healthy Eating Tips**

* A good breakfast sets children up for the day.
* Mind the sugar and salt content of all you eat.
* Use diluted fruit drinks rather than full-strength ones.
* Eating meals together as a family is a good habit to develop.
* Good food, exercise and rest each day, helps you keep fit and healthy.

We the staff, endeavour to promote good healthy eating habits. The breaks are short and we advise parents to give their children a sandwich and/or piece of fruit. We think that this is sufficient as children go home at 1.35p.m

**Crisps, chewing gum, fizzy drinks etc** are **FORBIDDEN** at all times. We promote the slogan **Wednesday is fruit day** and find that this encourages children to eat fruit on at least one day per week. On **Friday, a small treat (e.g. a treat size bar) is allowed.**

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