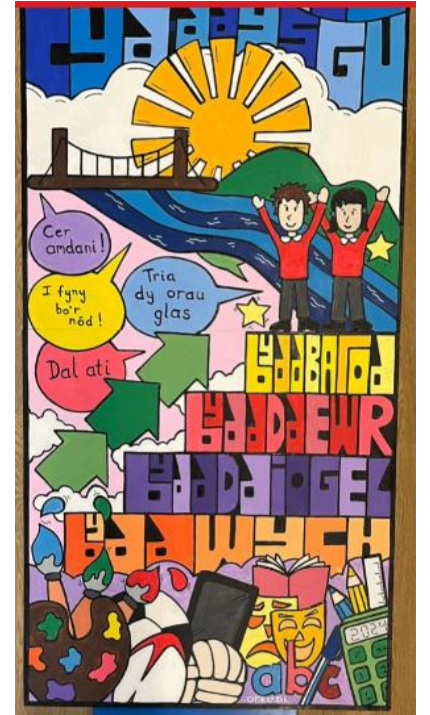




Child Friendly healthy eating policy



Healthy eating



Why should we eat healthily?

- To stay fit and in good health.
- To keep our teeth healthy and strong.
- To prevent illness and becoming overweight.
- To give us plenty of energy to work hard during the school day.

What helps us at school?

- A healthy breakfast at breakfast club.
 - Bringing a piece of fruit or vegetables to eat at breaktime.
- Eating school dinners or healthy lunchboxes.
 - Drinking plenty of water and milk throughout the day.

Why is water important?

- To keep hydrated so our brains work well!
- To cut down on sugar intake from fizzy drinks.

We can do this at school by:

- Bringing in water bottles into class.
 - Refilling water bottles from the water cooler regularly.

What are examples of healthy foods?

- brown bread,
- Wraps
- Salad
- healthy sandwich fillings
- Fruit
- Vegetables
- Cheese
- Fruit yoghurt
- Any other healthy snacks that are low in sugar

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Cararthenshire's Healthy Schools Scheme

How do we support you to eat healthily at school?

- We make sure that free, fresh drinking water is available all through the day and we encourage you to drink water.
- We encourage you to bring in healthy snacks and pack lunches.
- The school kitchen staff prepare delicious, healthy meals every day.
- We teach you about living a healthy lifestyle in class.
- We talk to your parents or carers to help encourage you to make healthy choices.
- The Bronze Ambassadors run healthy lunch box competitions to reward healthy eating.

This policy was developed by the school council and the Llesiau Lles council.