

## Healthy Eating - Break Time Snacks

Diet and nutrition play an important role in the mental, physical and social development of a child. The establishment of healthy eating in childhood can reduce the risk of health problems such as coronary heart disease, diabetes and osteoporosis in later life. With this in mind, we aim to establish good eating habits, to promote good growth and to hope that these will be continued into adulthood.

Recently we have noticed in school that some children are bringing in snacks with a high sugar content and would like to take the opportunity to remind you that we promote healthier choices for snack time.

In school we feel that it is beneficial for all children to have a substantial snack at break time. This is an important part of the diet for young people who may not get enough energy for growth and development from their three main meals and because snacks can positively contribute towards a balanced diet, providing foods which are high in sugar, fat or salt are avoided.

In line with our healthy eating policy a piece of fruit is provided for every KS1 and EYFS child in school, any surplus fruit is distributed to KS2 children.

## Healthy Choices

The children have drawn up a list of possible healthy snacks.

- a piece of fruit
- dried fruit such as raisins
- vegetable sticks
- rice cakes
- bread sticks
- cereal bars (no chocolate or marshmallow ingredients)

Sugar- and fat-laden foods such as confectionary, biscuits, pastries, sausage rolls and crisps are to be avoided. **Please remember that we are a nut-free school.**

## Judging what is healthier: a LOT and a LITTLE

With the best will in the world it is not always obvious whether a snack is healthy. The following table can be used as a guideline:

### FAT

A LOT is 20g or more per 100g

A LITTLE is 3g or less per 100g

### SATURATED FAT

A LOT is 5g or more per 100g

A LITTLE is 1g or less per 100g

### SUGAR

A LOT is 10g or more of added sugar per 100g

A LITTLE is 2g or less of added sugar per 100g

### SALT

A LOT is 0.5g or more per 100g

A LITTLE is 0.1g or less per 100g

## Fluids in School

We would also like to take this opportunity to remind parents that children are encouraged to bring plain water bottles. No squash please. Children require 6-8 glasses of water a day to stay healthy and even small levels of dehydration can lead to reduced levels of concentration and affect behaviour. Personal water bottles can be kept in the classroom and can be filled as needed.

If your child so wishes, they may bring in an extra small bottle each day containing squash for their lunchtime meal or to go with their packed lunch. These are to be kept in their lunch bag and are not to be brought into the classroom but must remain in their cubby area before and after lunchtimes.

All bottles however, should go home each day to be washed.