

## Healthy Eating

At Field View Primary School we want children to be healthy individuals. Nationally, there is an increasing issue with childhood obesity and tooth decay, therefore we want to support parents and children to make healthy choices. Our curriculum teaches children about the importance of a healthy lifestyle both physically and mentally. This is something we actively promote in school through providing healthy school meals, regular exercise for children and lessons/assembly time focusing on how to be healthy.

There is a clear link between high sugar intake and poor behaviour, which we seek to protect our children from. Therefore, in school we have strict rules regarding what children can eat and drink.

We ask children to bring in a water bottle each day filled with water, flavoured water or low sugar squash. If this needs filling up during the school day, we will only provide water.

Each morning, we provide children with breakfast through Magic Breakfast. Children in Nursery, Reception, Year 1 and Year 2 are provided with a piece of fruit at break time. Children in KS2 can bring in a piece of fruit to have during break time. **No other snacks are allowed to be eaten during break time.**

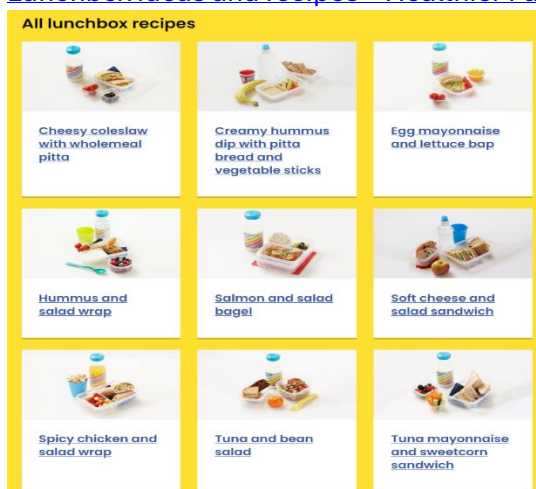
At lunchtime, children have the choice of either a healthy school meal or a packed lunch.

School kitchens must adhere to very strict nutritional guidelines about what can and cannot be included in school meals. This includes any salt, sugar and saturated fats. All menus compiled by school kitchens must meet these standards and all recipes are scrutinised for their nutritional content before being passed to the kitchen. This means that although the children will sometimes have puddings, cakes or chips for example, these are sourced and cooked in a healthier way and are presented as part of a balanced menu over the week.

We cannot control the sugar, salt and fat content in packed lunches, so we have put together information about what to include in a packed lunch. **Sweets, chocolate, cakes, biscuits, fizzy pop and energy drinks are not allowed in school.**

There are many of websites that offer advice about healthier packed lunches. Here is one from the NHS that that has lots of really tasty ideas for your children's lunches.

[Lunchbox ideas and recipes – Healthier Families - NHS \(www.nhs.uk\)](http://www.nhs.uk)









## How can I encourage healthy eating at home?

The NHS website 'Healthier Families' has lots of ideas and recipes for promoting healthy eating, and ways to encourage us all to eat healthy food at home.

[Healthier Families - Home - NHS \(www.nhs.uk\)](http://www.nhs.uk)

**Recipe collections**

 <p><b><a href="#">Dinner recipes</a></b></p> <p>Find loads of tasty, healthier dinner recipes for mid-week meals and more the whole family will enjoy.</p>	 <p><b><a href="#">Lunchbox ideas</a></b></p> <p>Hints and tips for healthier packed lunches, as well as lots of easy-to-prepare recipes your kids will love.</p>	 <p><b><a href="#">Lunch recipes</a></b></p> <p>These quick, easy and varied recipes are the perfect way to make every lunch something to look forward to.</p>
 <p><b><a href="#">Breakfast recipes</a></b></p> <p>Whether a quick bite before school or something fancier at the weekend, a healthier breakfast is a great start to any day.</p>	 <p><b><a href="#">Pudding and snack recipes</a></b></p> <p>The whole family will love these delicious puds and snacks – and these tasty treats can even help towards your 5 A Day!</p>	 <p><b><a href="#">Barbecue and picnic recipes</a></b></p> <p>Fire up that barbecue and start cooking these sizzlingly simple recipes in the sunshine – or switch on the grill for a taste of summer whatever the weather.</p>