

St. Martin and St. Mary Primary School has a Healthy Food Policy.

Nursery provides healthy snacks am/pm; in line with this we also encourage a healthy lunch box.

Water is available throughout the day and on the tables at lunch time.

Please could you put an ice pack in your child's lunch box to keep their food cool.

If you provide grapes in your child's lunch box, please cut them in half (long ways).



Nursery follows the Early Years Foundation Stage (EYFS) and supports the

### **PRIME AREAS OF LEARNING AND**

### **DEVELOPMENT**

#### **Personal, Social and Emotional Development**

Involve all children in welcoming and caring for one another.

#### **Physical Development**

Value children's choices and encourage them to try something new and healthy.

#### **Communication and Language**

Build on their vocabulary expressive language, attention and listening skills.

The eating environment is comfortable and relaxed; the children sit at the table with their friends promoting social interaction.

The children are encouraged and supported to be independent, finding their own lunch box to open and unwrapping their own food.

The children are encouraged to eat their savoury items first before moving on to their second course.

## **Lunch Time Information**

### **Packed Lunches**



### **The Importance of a Healthy Lunch Box**

Lunch is a very important part of the school day and should provide at least a third of your child's daily requirements.

Without a healthy balanced diet, children struggle to concentrate in the afternoon.

Packed lunches are tricky to get right, a good way to start is to get the children interested in what they are eating.

Whether it is a sandwich or their favourite pasta, involve them in making their lunch for the following day. Children who have helped to prepare their lunch are more likely to eat and enjoy their lunch! A healthy diet in childhood provides the building blocks for a healthy adult.

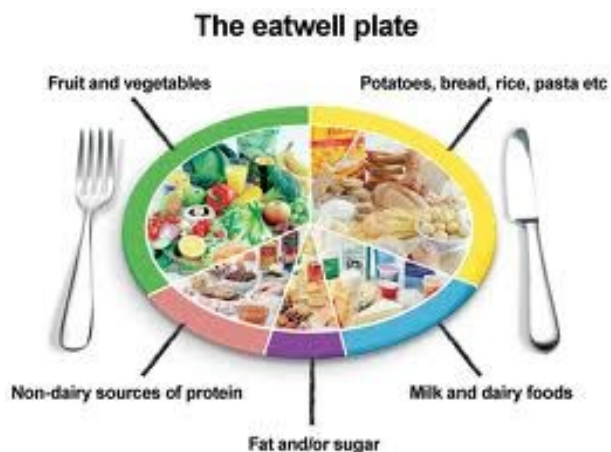


## Lunch Box

Children like to be able to recognise their own lunch box; please can their name be clearly visible on the **outside** of the lunch box (there are many Ben Ten, Hello Kitty etc.) This also helps your child with name recognition.

**Note** - There is no need to send a water bottle to school as water will be provided.

Please feel free to ask any of the Nursery staff if you have any questions / queries, or would like advice on alternatives to put in the lunch box.



## What to Put In and Why

A healthy diet with all the essential vitamins and minerals is necessary for appropriate development. There are five food groups:

### Bread, Rice, Potatoes and Pasta

Provide energy, fibre, vitamins and minerals.

Wholegrain/high in fibre helps to increase the fibre content.

### Meat, Fish, Eggs and Pulses

Provide protein to repair our bodies.

Iron for healthy blood.

Vitamins and minerals.

### Fruit and Vegetables

Provide fibre, vitamins & minerals and are a source of antioxidants.

### Milk, Cheese and Yoghurt

Provide calcium for healthy bones and teeth, protein for growth & vitamins B12, A, D, and E.

### This fifth group are not essential

### and should be limited

Confectionary, crisps, chocolate, biscuits and cake.

Instant energy.

High in sugar and fat.

You can also find more information and ideas from the following websites:



Infant and toddler forum



**CHILDREN'S  
FOOD TRUST**  
Eat Better Do Better

