

Healthy eating at Seaton Sluice First School



A great packed lunch always contains the following things...

A starchy food to provide energy

- Bread (preferably wholegrain), potatoes, pasta, rice, couscous, cereals.



A protein food for growth

- Meat, fish (particularly oily containing 3 fatty acids), eggs, cheese (preferably low fat), beans and peas (humus) and nuts.



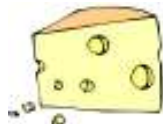
Fruit and vegetables/Salad for essential nutrients

- Fresh fruit (whole or cut up), dried, or tinned in juice.
- Salad in sandwiches or in a separate pot, sticks of carrot, cucumber, celery, pepper and cherry tomatoes.



A dairy food to provide calcium for growing bones

- Milk or anything made from milk like cheese, yoghurt and fromage frais. Lower fat versions are even better.



A drink for hydration (and additional nutrients)

- Water, semi-skimmed milk or fruit juice. Smoothies made from fruit, fruit juice and milk/yoghurt are also good.



What about treats?

The standards for school say no sweets, no savoury snacks like crisps, and no sugary or sweetened soft drinks –so please don't include them.

In terms of cakes and biscuits, many of these are high in fat, sugar and calories as crisps and sweets. So the best advice is:

- Only include these once or twice a week
- Go for lower fat versions
- Control portion sizes so children only get small amounts.

What can you do?

Please support us by providing a great packed lunch

Use the guidelines to ensure your lunch is well balanced.

Do not include:

- Sugary or sweetened soft drinks or pop.
- Sweets
- Chocolate or items covered in chocolate
- Sweet cereal bars