



## Healthy Eating @ C.P.S.

Dear Parent,

Childhood is a time of rapid growth and development. Good nutrition during this time is important, as it impacts on children's general and oral health now and in the future.

**Children usually need to eat more frequently than adults to meet their nutritional requirements** so it is also important that snacks should be beneficial to their health. **With this in mind, we feel that the school environment is well placed to promote the ideals of healthy eating and to give children the knowledge to make healthier choices. Research has shown that a healthy snack at break time can help with pupils' concentration and behaviour in the classroom.**

In Cookstown Primary School we have been promoting and encouraging a healthy eating policy for a number of years and have made promising progress with this. However, our aim this year is to build on this progress and continue to raise awareness. We feel that this is necessary given the nationwide problem of obesity in our society.

In consultation with government guidelines, staff and pupils, we have composed a list of snacks and drinks that we will be encouraging and promoting in our school. We hope that this will be helpful to all parents and children and together, with your support, we can move forward ***to eat well and keep well.***

I have attached some of the guidance notes provided by the Department of Education, but would suggest that you visit our website for more detailed information.

Yours sincerely,



N E Downing  
Principal



## Drinks

<b>Suitable:</b>	Water: Milk:	tap water or unflavoured, still, bottled water. all whole, semi-skimmed or skimmed unflavoured milk.
<b>NOT SUITABLE:</b>	fruit juices (including pure fruit juice), smoothies, sparkling water, squash or fizzy drinks, <u>even</u> those labelled 'no added sugar', 'diet' or 'zero'.	

## Snacks

Help your child get their five a day by including some fruit or vegetables as a snack for their morning break. This includes all fresh fruit and vegetables and pots or tins of fruit in fruit juice, but **NOT** in syrup.

### **Remember Portion Control is still important!**

A portion could be:

- 1 medium sized piece of fruit,
- 2 small fruits,
- 1 cup of grapes, cherries or berries
- 1 large slice of pineapple or melon
- 1 cereal bowl of salad,
- 3 heaped tablespoons of fresh veg,
- 3 heaped tablespoons of fruit salad

eg apple, orange, banana, pear  
eg kiwi fruits, satsumas, plums

eg lettuce, tomatoes, cucumber and celery  
eg chopped or sliced carrots, peppers or sugar-snap peas  
(fresh or tinned in fruit juice)



**For younger children** (4–6 years), reduce these portion sizes by about half,  
then increase the amount as they grow.

**Older primary school** children should be eating full portions.

<b>NOT SUITABLE:</b>	fruit tinned in syrup, dried fruit (eg raisins, sultanas) and processed fruit bars (eg fruit winders, fruit flakes etc). <b><i>These are high in sugar and can cause tooth decay, so are not suitable as between-meal snacks.</i></b>
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Children need more or less energy (calories) depending on their age and stage of development. **Bread-based snacks** can help to meet these extra energy needs and help your child feel more satisfied. This includes white or wholemeal bread, rolls or baguettes, toast, plain bagels, wheaten, soda, potato or pitta bread, spread thinly with a little margarine, low-fat spread or butter; plain bread sticks or crackers, a small sandwich with a sugar-free filling such as tomato, tuna, chicken, cheese etc.

<b>NOT SUITABLE</b>	Sugary spreads, including jam, honey, marmalade or chocolate spread as these are harmful to teeth. Peanut butter is high in fat and salt so is <u>not</u> recommended.
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### **Steer clear of !**

Cereal bars, or sweetened breads and pastries, eg pancakes, scones (plain and fruit), fruit bread, malt loaf, brioche, croissants and Danish pastries as these contain a lot of sugar and/or fat and salt.