

# **Broadford & Kilbane N.S.**

## **Healthy Eating Policy**

### **Aim**

A healthy diet is essential for maintaining and protecting children's health, for ensuring they perform to their full potential during the school day both academically and physically and for their growth and their development. Our aim is to help them establish a healthy lifestyle that we hope will continue into adulthood.

### **Benefits of healthy eating**

- It helps young people develop mentally and physically and consequently achieve well at school.
- Prevents childhood and adolescent health problems such as obesity, eating disorders, anaemia and tooth decay.
- It may prevent health problems later in life, including heart disease.
- Establishing healthy eating habits at a young age is critical because changing poor eating patterns in adulthood can be difficult.
- Having their lunch with other children is an important part of a child's social education.

### **Definition of Healthy Eating:**

A healthy diet is one which allows for a balance of different foods that sustain the well being of an individual. Different lifestyles result in different dietary needs and pupils need to be aware of these and the effects of different foods on their bodies.

### **Healthy Eating Policy**

To promote healthy nutrition Scoil Na Maighdine Muire implements a policy regarding school lunches and snacks. As a result we would ask all parents and guardians to cooperate in providing the children with a healthy lunch.

These items are suggested

- Sandwiches, rolls, crackers and other bread products
- Meat i.e. ham, chicken, beef, etc.
- Fish i.e. salmon, tuna, etc
- Cheese and eggs
- Milk, yoghurts, water and fruit juices
- Fruit such as apples pears bananas and oranges
- Vegetables such as carrot, cucumber, celery, lettuce etc.

The following items are not permitted-fizzy drinks, crisps, chocolate, chewing gum, sweet cakes, sweets and chocolate biscuits.

Parties are held on the last day of each term, i.e. Christmas, Easter and Summer holidays. Pupils are allowed treats on those days at the discretion of the class teacher.

Our key message to pupils is to ;

- Enjoy your food
- Eat a variety of healthy food
- Don't skip your lunch

This school plan was reviewed and implemented in the 2014-15 School Year. The next date for review is the 2016-17 School Year.

Chairperson of the Board of Management: \_\_\_\_\_

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