

Loch an Gháir



Mol an Óige

Scoil Mhuire,

Loughegar,
Mullingar,
Co. Westmeath
N91 TD 95



Healthy Eating Policy

Introductory Statement

The Healthy Eating Policy that was in place in Loughegar National School for some years now has been reviewed and updated using a whole school approach involving parents, pupils and teachers. One of the reasons for this review is the fact that the school has participated in the “Food Dudes” Health Eating Programme.

Aims

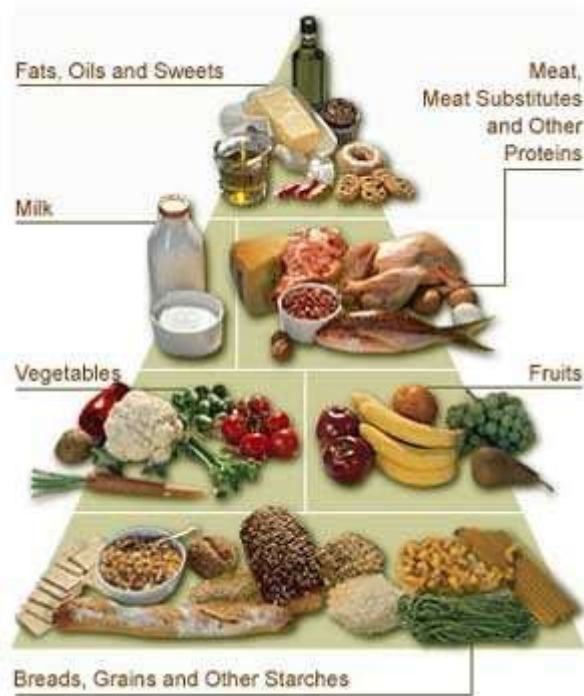
- To encourage positive attitudes towards healthy eating
- To heighten an awareness of the importance of a balanced diet
- To encourage the children to make wise choices about food and nutrition
- To raise levels of concentration within class due to consumption of healthy food
- To encourage pupils to be aware, alert and responsive to litter problems caused by junk food, prepared food, juice cartons etc.

It is recognised that eating habits are established at a young age therefore it is essential that young children choose healthy options as early as possible. We believe this should ensure good foundations for health in the present and the future.

It is our policy that healthy eating be encouraged by employing a joint approach of both education for pupils and guidance for parents. Research suggests that attention and concentration levels improve with the consumption of nutritious food.

In the course of our S.E.S.E. Programme the children will be exploring:

- Food Groups
- The Consequences of a Poor Diet
- The Food Pyramid



The food pyramid shows the different types of food we choose from and helps us to know how much of each type of food we need to eat. We need to eat more of the foods at the bottom of the pyramid than we do the foods at the top. By following the recommendations of the food pyramid you can be sure that you are eating a healthy balanced diet.

- The bottom part of the pyramid is the biggest part of the pyramid. It contains the food you should eat lots of
- The middle of the pyramid contains food you should eat some, but not too much of
- The top of the pyramid is the smallest part of the pyramid. It contains food you can eat once in a while.

The following is a list of suggested foods for a healthy balanced school lunch.

Groups 1 Bread/Cereal/Pasta (Carbohydrate)

Sandwiches, rolls, pasta, salad, pitta bread, crackers, nan bread, crisp bread

Group 2 Fruit/Vegetables

Any fruit or vegetable items
 Salad in a box
 (For infants please peel and cut oranges into half segments)

Group 3 Dairy

Cheese strings
 Yogurt Pot (with a spoon)
 Small packet s of cheese
 Milk to drink

Group 4 Meat (Protein)

Meat in sandwiches
 Cold meats or Tuna

Group 5 Treats (Fats/Oils/Sweets)

The following exceptions are allowed for treats

- End of Term Parties
- School Tours
- School Events, concerts, sale of work etc.
- We would encourage children to drink water, milk or unsweetened fruit juices. (No fizzy drinks allowed)

As we are trying to reduce the amount of waste in the school, we would encourage parents to try and reduce the amount of packaging in your child's lunchbox. We would greatly appreciate your co-operation in this matter.

With this in mind children will be asked to do the following:

- All uneaten food, silver paper, wrappings, containers and cartons are to be taken home in lunchboxes
- For safety reasons, cans and glasses are not permitted.

N.B. Parents/Guardians of any child with a medical condition, which requires a special diet, should contact the school.