

Healthy Eating at Southbury

My body needs a **balance** of foods that will:

1. Give me energy
2. Help my body to grow
3. Stop me from being ill

So.....Our rules for healthy eating and drinking at school are:

Packed Lunches: I should bring.....

- A sandwich or other savoury item such as rice or pasta. It should contain a protein such as cheese, fish, meat or egg (**not sugary fillings such as chocolate spread or jam**).
- Preferably some fruit, salad or vegetables, yoghurt etc.
- No more than **one** packet of crisps and/or **one** chocolate biscuit. (Bars of chocolate or Maltesers etc are not allowed.)
- A drink of water or fruit juice/squash (but **not** fizzy) in a carton or plastic bottle.



(Children should leave uneaten food in their lunchbox so that their parents can see what has been eaten.)



School Dinners: I should take a portion of:

- The main course (not just the potato, pasta or rice).
- Vegetables and/or salad.
- Pudding or fruit.
- A drink of water or squash/juice provided.

Drinks Brought to School:

Apart from the lunchtime drink, the only drink that I may bring to school is **water**, in a labelled plastic bottle, preferably with a sports top to prevent it spilling.

Drinking water is "brain friendly" and stops me getting de-hydrated during the day.



Sweets, Chocolate and Chewing Gum are never allowed in school and will be confiscated if seen.