

Charminster Pre-school

Healthy Eating



What does a healthy balanced diet include?

Food from each food group:

- Cereal group – bread /rice/ pasta/ noodles/ cereal/potatoes – at least one each meal.
- Fruit and vegetables – aim for 5 portions a day
- Milk group – milk/cheese/yogurt - 3 times a day
- Meat/fish or alternative (eggs, nuts, pulses) – once or twice a day

Foods to avoid?

- Fatty and sugary foods - butter, cooking oils, sugar, biscuits, cakes, crisps, sweets, chocolate, cream, ice cream, sugary drinks

WHY?

- Extra calories but few nutrients
- Leads to reduced intake of more nutritious foods
- Damage to teeth (dental decay)

**Food and nutrients help form strong bones, teeth, muscles and a healthy body.
A good diet can help protect your child against illness now and in the future.**

At Charminster Pre-school we would like to encourage healthy eating by asking our parents to support the following for lunch clubs:

WE ENCOURAGE:

- Try to include foods from each food group every day
- Pack portions that your children can usually eat – remember if they don't eat that much at home, they won't at preschool!
- Consider whether your child can actually open the containers you are giving them food in
- Ice packs to keep food cool and fresh

WE DISCOURAGE:

- We discourage parents from giving foods such as crisps - breadsticks or crackers are a good alternative
- We discourage parents from providing chocolate or sweets (including chocolate covered biscuits)
- Please avoid nut containing foods (other children may have nut allergies)

www.bda.uk.com/foodfacts/HealthyEatingChildren.pdf

www.schoolfoodtrust.org.uk

www.eatwell.gov.uk

www.eatwell.gov.uk/agesandstages/children/lunchboxesct/lunchboxtips/

www.bbc.co.uk/health/treatments/healthy_living/nutrition/life_toddlers.shtml