## **HEALTHY EATING AT THE FIRS**



At The Firs, we believe that education about health issues is very important for the development of our children. We understand the link between a healthy diet and the ability to learn successfully, whilst providing the children with the fuel they need to thrive!

The school can play a significant role as a part of our community, to promote healthy topics. We are also involved in the School Fruit and Vegetable Scheme. Every child in Reception and Key Stage 1 is encouraged to have an extra piece of fruit or vegetables each day during afternoon playtime.

We fully embrace this and we hope to improve the health of the school community, by teaching ways to initiate and maintain healthy eating habits.

## **BREAK TIME SNACKS**

For a healthier snack at break time, we have put together a list of healthy and enjoyable snack suggestions that the children are welcome to bring into school:

## **FRUITS**

Satsumas

Pears

Bananas

**Apples** 

Cherry tomatoes

Packets of raisins

Packets of dried fruit

Grapes

Peaches

Strawberries

Raspberries

Blueberries

Nectarines

Melon slices

Dried Fruit - cranberries, Goji berries, raisins, apricots or

mixed dried fruit















**Breadsticks** 

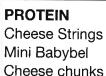
Crackers Crostini

Malt loaf Fruit bread

**CARBOHYDRATE** 

Oatcakes plain or fruit flavoured Rice cakes plain or fruit flavoured









**VEGETABLES** 

Sliced peppers

Mini cucumbers

Sugar snap peas

Carrots







FOR YOUR CHILD'S SNACKS.

Sweets/Chocolate - swap for - Fruit or Vegetables Cakes & Pastries - swap for - Fruit Bread or Malt Loaf Salted Snacks/Crisps - swap for - Rice Cakes, Oat Cakes or Breadsticks

PLEASE DO NOT INCLUDE ANY SWEETS, CHOCOLATE OR ANYTHING CONTAINING NUTS

Thank you for your support, together we can help to keep our children healthy!

