

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.

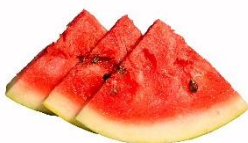
We fully embrace this and we hope to improve the health of the school community, by teaching ways to initiate and maintain healthy eating habits.

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



PROTEIN

Cheese Strings
Mini Babybel
Cheese chunks

VEGETABLES

Carrots
Sliced peppers
Mini cucumbers
Sugar snap peas



CARBOHYDRATE

Breadsticks
Crackers
Crostoni
Oatcakes plain or fruit flavoured
Rice cakes plain or fruit flavoured
Malt loaf
Fruit bread



PLEASE DO NOT INCLUDE ANY SWEETS, CHOCOLATE OR ANYTHING CONTAINING NUTS FOR YOUR CHILD'S SNACKS.

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

