



Objective

The objective of this policy is to improve the health and well being of all children at Gaelscoil de h-Íde by promoting a healthy eating and exercise regime within the school and by giving the children an opportunity to learn about the effect of food on their bodies to help them make informed choices throughout their lives.

Implementation

The policy will be implemented in accordance with current guidelines from the Department of Health and Children. The Food Pyramid, which is the education tool used nationally and internationally to communicate the healthy eating message, will be used at Gaelscoil de h-Íde as the basis for healthy eating training.

Scope

This policy applies to the food that children consume while at school, focusing on the contents of a healthy lunchbox and on health promoting activities within the school.

Education

- ♦ All classes will receive lessons on healthy eating, using the Food Pyramid and current literature from the Department of Health as the basis of the lessons. Children will be invited to contribute to all lessons and classroom debate on the nutritional value of various food items will be encouraged. Formal teaching may be supplemented by practical activities, including nutrition based quizzes, art sessions and the preparation of simple foods.
- ♦ Guest speakers, including nutritionists, doctors, dentists, chefs and sportspeople, will be invited to speak to the children on the importance of a healthy diet and exercise.

Special Dietary Needs

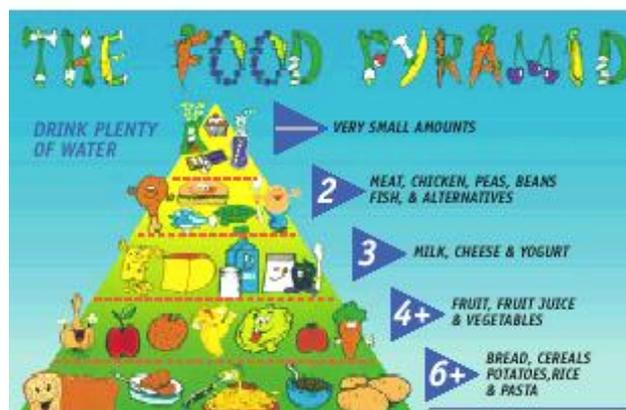
Where a child has special dietary needs, these needs supersede the guidelines expressed in this policy.

Review

This policy will be revised on an ongoing basis to reflect changing trends in nutrition and to reflect input from the children of Gaelscoil de h-Íde, their teachers and their parents.

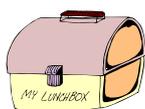
Guidelines

- ♦ Good nutrition is essential for schoolchildren. Making healthy food choices enables children to attain their optimum growth, development and health potential. Healthy eating allows children to take full advantage of the opportunity to learn and to play during the school day.
- ♦ A healthy lunch consists of:
 - ✓ Two or more servings from the Bread, Cereals & Potatoes Shelf of the Food Pyramid;
 - ✓ One or more servings from the Fruit & Vegetable Shelf;
 - ✓ One serving from the Milk, Cheese and Yoghurt Shelf;
 - ✓ One serving from the Meat, Fish & Alternatives Shelf.



*Every school day at
Gaelscoil de h-Íde
is a healthy lunch day.*

Tá an Polasaí seo le fáil as Gaeilge freisin

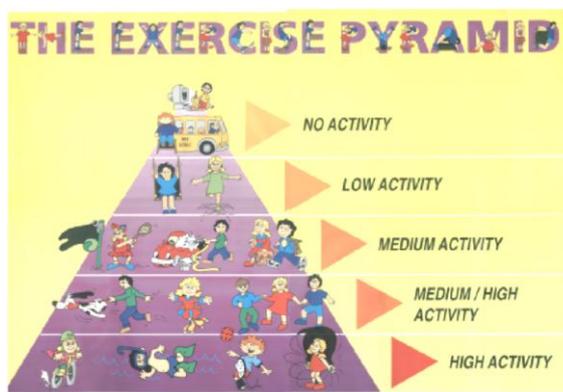


Steps to a healthy lunch box



- ♦ Encourage wholemeal or wholegrain varieties of breads, rolls, scones and crackers;
- ♦ Use butter or spreads sparingly and use those low in saturated fat;
- ♦ Include salad vegetables in sandwiches and salad boxes, e.g. lettuce, tomato, cucumber, carrot and use vegetable sticks;
- ♦ Include at least one piece of fruit at lunch e.g. apple, orange, banana;
- ♦ Encourage milk or yoghurt with every lunch;
- ♦ Ensure that meat, chicken, fish, egg or cheese is included as part of lunch;
- ♦ Include a drink at lunch e.g. milk, water, unsweetened pure fruit juice or diluted sugar free squash.

Exercise is an essential part of a healthy lifestyle



Healthy lunch box – putting ideas into practice



- ♦ Wholemeal bread with cheese slice and tomato + 1 banana + sugar free squash
- ♦ Pitta bread with cooked ham, low-fat mayonnaise lettuce and cucumber + orange segments + milk to drink
- ♦ Burger bun with chicken, relish, lettuce and grated carrot + dried fruit + yoghurt + water to drink;
- ♦ Toasted wholemeal bread with cooked beef, tomato and cucumber + small apple + milk to drink;
- ♦ Cooked pasta with tuna, lettuce, tomato and carrot + 2 mandarins + yoghurt + unsweetened pure fruit juice;
- ♦ Salad box with cooked rice, lettuce, tomato, cheese cubes, celery sticks, carrot sticks + dried fruit + water to drink;
- ♦ White roll with mashed hard boiled egg, lettuce and cucumber + handful of grapes + sugar free squash/milk to drink;
- ♦ Wholemeal bap with lean grilled bacon, tomato and sweetcorn + peach + milk to drink;
- ♦ Crackers with cheese slices, sliced peppers, grated carrot + apple and orange segments + water to drink;
- ♦ Cooked rice with cooked peas, carrot and chicken pieces + dried fruit + unsweetened fruit juice;
- ♦ Hummus sandwich + banana + unsweetened fruit juice.