

DERRYLATINEE PRIMARY SCHOOL



Healthy Break Policy

The Do's and Don'ts of Healthy Break

The Do's

Fruit and Vegetables

- Good sources of vitamins, minerals and fibre
- Protect against cancer and disease

Bread Products

- Source of fibre
- Provide energy and vitamins important for growth and development
- Avoid sugary spreads e.g. jam, honey – these are harmful to teeth.
- Spread butter or fat spreads thinly

Milk

- A quick and nutritious snack
- Rich in calcium and other nutrients
- Important for healthy teeth and bones

Still water

- New water cooler system installed in our school
- Tap or bottled water are both good sources
- Keeping well hydrated can help maintain concentration

The Don'ts

Dried fruits

- *High in natural sugar content – keep to meal times*

Yoghurts

- *Some have high sugar and/ or fat content*
- *Source of calcium - can be included at meal times.*

Pure Fruit juice

- *High natural sugar content - keep to meal times*
- *Read the label to ensure that there is no added sugar*
- *Not to be confused with fruit drinks that have very little fruit content and often added sugar.*

Cheese and cheese products:

- *Naturally high in salt and fat*
- *Source of calcium - can be included at mealtimes*

Cereal bars

- *Most varieties are high in sugar and/or fat*
- *Always make sure to read the label.*

Break time ideas

Encourage your child to try new foods at break time.

Fruit and vegetables

- *Choose seasonal fruit and vegetables*
- *For your younger children peel and chop fruit or vegetables into small handy pieces and place in a storage box*
- *Encourage you child to eat different colours of fruit and vegetables*

The Old Favourites - *Banana, apple, grapes, Satsuma, orange*

A bit of change - *cherry tomatoes, Kiwi, peach, pear, fruit salad*

Seasonal Summer fruits – *slice of melon or pineapple, strawberries, raspberries, Cherries, plums*

Store Cupboard - *tinned fruit in natural juice*

Baby vegetables – *baby carrots or baby sweet corn*

Greens – *sugar snap peas, cucumber*

Vegetable sticks – *carrot, pepper, celery*