



Harold Boys' National School  
St. Patrick's Road,  
Dalkey  
Co.Dublin  
Phone/Fax: 01 2856193  
Email: [info@haroldboysdalkey.ie](mailto:info@haroldboysdalkey.ie) Website: [www.haroldboysdalkey.ie](http://www.haroldboysdalkey.ie)  
Principal: *Teresa Buckley*

## **HEALTHY EATING POLICY**

### **INTRODUCTION**

This policy was drawn up in consultation with pupils, teachers and parents of Harold Boys' National School, Dalkey, Co. Dublin. It was written in 2005 and was revised in 2017.

The purpose of this policy is :-

1. The primary school setting provides an excellent health promotion arena for reaching large sections of the population – children, teachers, families and the surrounding community in an effective and efficient way.
2. Schools through the SPHE, provide opportunities to promote lifelong healthy eating as well as encouraging physical activity. SPHE aims to create a healthy ethos within the school and improve children's self esteem and well being.
3. Teachers play a valuable role in communicating and supporting the healthy eating message, especially through the adoption of a whole school approach to healthy eating. Within a health promoting school consistent messages about healthy eating are communicated through all aspects of school life – the classroom, the curriculum, school breaks, school lunches and physical activity.

### **THE AIMS OF THESE GUIDELINES ARE:**

To promote nutrition awareness and positively affect healthy eating among the pupils in Harold Boys' N.S., Dalkey

### **THE OBJECTIVES OF THESE GUIDELINES ARE:**

- To provide consistent and up to date information in relation to healthy eating for children.
- To provide a resource for the development of a School Food Policy.

### **HEALTHY LUNCH**

Children need a wide variety of foods to help them grow, learn and play. A healthy lunchbox is an important part of the school day. A healthy lunch includes a piece of food from the four main food groups; carbohydrates, protein, fat and fibre. Please do not include nuts or food containing nuts as some children may have an allergy to nuts. For this reason also, the pupils are asked not to share lunches.

### **STEPS TO A HEALTHY LUNCH BOX**

- Encourage wholemeal or wholegrain varieties of breads, rolls, scones and crackers. Home baked is preferable.

- Use butter sparingly.
- 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 raw vegetables with every lunch
- Ensure that meat, chicken, fish, egg or cheese is included as part of lunch
- Include a drink of water at lunch

### **HEALTHY LUNCH BOX – PUTTING IDEAS INTO PRACTICE**

- Wholemeal bread or home baked wholegrain bread with cheese slice and tomato + 1 banana
- Pitta bread with cooked ham, mayonnaise, lettuce and cucumber + orange segments
- Burger bun with chicken, relish, lettuce and grated carrot + dried fruit + yoghurt
- Toasted wholemeal bread with cooked beef, tomato and cucumber + small apple
- Cooked pasta with tuna, lettuce, tomato and carrot + 2 mandarins + yoghurt
- Salad box with cooked rice, lettuce, tomato, cheese cubes, celery sticks, carrot sticks + dried fruit
- Wholegrain roll with mashed hard boiled egg, lettuce and cucumber + handful of grapes
- Wholemeal bap with lean grilled bacon, tomato and sweetcorn + peach
- Crackers with cheese slices, sliced peppers, grated carrot + apple and orange segments
- Cooked rice with cooked peas, carrot and chicken pieces + dried fruit
- Hummus sandwich + banana

### **FIRST BREAK IS FRUIT BREAK**

#### **HEALTHY SNACKS**

These should be encouraged

BREAD, CEREAL & POTATOES	BREAKFAST CEREAL, WHOLEGRAIN OR HOME BAKED BREAD, TOAST, ROLLS, CRACKERS, CRISPBREADS, BAGELS, SCONES, PLAIN BISCUITS, PLAIN POPCORN
FRUIT & VEGETABLES	BANANA, APPLE, ORANGE, PEACH, SATSUMAS, PLUM, GRAPES, KIWI, PEAR, MELON, PINEAPPLE, MANGO, RAW CARROT STICKS, RAW CELERY STICKS, DRIED FRUIT
MILK, CHEESE, YOGHURT	GLASS OF MILK, MILK ON CEREAL, YOGHURT, CHEESE SLICE, CUBES OR SPREAD
MEAT, FISH AND ALTERNATIVES	SLICE OF COOKED MEAT, SMALL CHICKEN SANDWICH, SMALL EGG SANDWICH, BAKED BEANS, HUMMUS

#### **DRINKS**

It is important that children take in enough fluids during the day. Almost 2/3 of the body is made of water. If children do not drink enough water, they may become dehydrated, thirsty, tired and weak.

There are 3 water fountains in the school which are available to the boys at all times. The pupils are welcome to refill water bottles from these throughout the day.

Drinks should always be included for lunch and break-time. Water or milk is the best choice and milk is also a valuable source of calcium, which is important for healthy bones and teeth.

### **TREATS**

On Friday a small treat e.g. 1 small chocolate bar (without nuts) is allowed, but none of the following:

#### **NO**

Sweets  
Crisps  
Chewing gum  
Lollipops  
Fizzy Drinks  
Nuts or chocolate containing nuts

### **FOOD HYGEINE**

Pupils should be reminded to wash their hands before eating. Food surfaces at home should be cleaned for food preparation.

INFORMATION on healthy eating is made available to pupils, parents and staff. This policy is implemented within the context and methodology of Social, Personal and Health Education, thus encouraging a whole school approach in planning, implementation and support of a healthy lunch policy initiative.

### **IMPLEMENTATION DATE**

This policy will apply from June 1<sup>st</sup> 2005.

### **RATIFICATION**

This policy was ratified on March 4<sup>th</sup> 2018