

Healthy Eating Our School Approach

At Barnwood we encourage our children to lead healthy lifestyles and to make healthy choices, especially with their food.

We understand how challenging it can be to make sure children adopt healthy diets and we hope we can work together to help our children understand how important it is for them to drink plenty of water and to eat a healthy balanced diet. All food prepared on site meets the School Food Standards for England: More information is available [Here](#)

As part of our curriculum, we also teach our children about the importance of diet and how the choices they make now can affect their health in the future.

As a school with 'Healthy School' status these are the rules for foods in our setting.

Foods in our setting

NO NUTS

We do have children in school with severe allergies and we request that any food items you send into school **do not contain nuts**.

Water Bottles

We provide all our children with a reusable school water bottle in their team colour. All children are encouraged to bring fresh water into school each day. Bottles are easily available to children during lessons and at break times within the school day.

Please ensure bottles contain **water only**.

Break Time Snacks

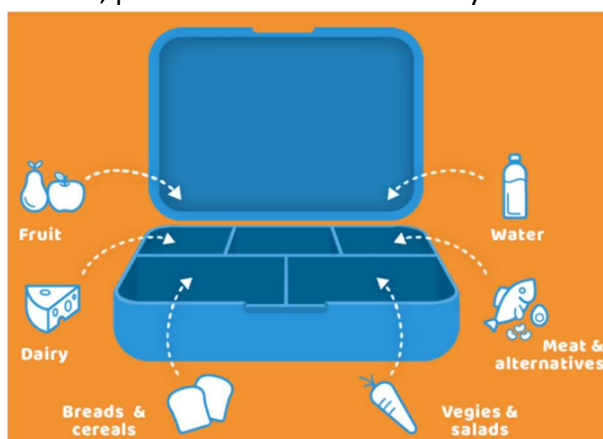
KS1 As part of the Government's Fresh Fruit initiative, all KS1 children are provided with a piece of fresh or dried fruit each day.

KS2 All children are encouraged to bring a healthy breaktime snack to school each day, for example:

- Fresh or dried fruit
- Fresh vegetables – carrot sticks/ cucumber /peppers etc
- Cereal bars – please check sugar, fat and salt content and ensure NO nuts

Packed Lunches

Many snacks and foods aimed at children are in fact high in fats, sugar and salt. If you are providing your child(ren) with a packed lunch, please check labels carefully to ensure a healthy balanced lunchbox.



Encouraged	Discouraged	Not Allowed
Wholegrain bread, rice pasta Fresh fruit Fresh vegetables A source of protein Dairy Water	Crisps Biscuits Chocolate Snack bars high in sugar Fruit substitutes – these are high in sugar	Nuts Sweets Fizzy drinks