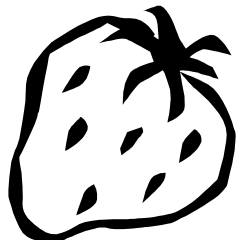


INFORMATION

- Like many other schools in the country, St Cecilia's school is promoting healthy eating.
- What you are allowed and not allowed in school is shown overleaf under Strain food and Brain food.
- Your child would still be allowed to eat plain biscuits or a fruit muffin.
- And if parents wish, other treats are still allowed out of school hours!
- We found the Tesco website – (www.tesco.com) very helpful. Visit it for more information.



Your 5 a day keeps the doctor away!



School Council

A guide to a healthy lunchbox.

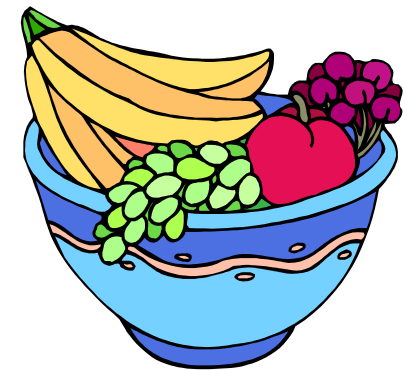
St Cecilia's Primary School
London Road
North Cheam
SM3 9DL

Produced by members of the Junior School Council.
Patrick Gallagher, Eoin Johnson, Connor Winch, Sophie Squizzoni, Aisling Byrne, Michael Fitzmaurice. Molly Probst, Rhiannon Rogers

HEALTHY EATING

A guide to a healthy lunchbox.

Try something new today!



“You are what you eat!”

BRAIN FOOD NOT STRAIN FOOD

Brain food

Water
Chicken
Rice
Pasta
Fruit
Vegetables
Milk
Cheese
Ham
Fish
Bread
Turkey

And many other foods

Strain food

Chocolate
Chocolate biscuits
Food with artificial colours
Fizzy drinks
Sugary cakes
Sweets
Crisps

In Year 6 we looked at the labels of different products to compare the amount of sugar, salt, fat, fibre and other nutrients.

In ICT we made graphs to present our results. Our results might help you to make the right choices when choosing products for your packed lunches.

Why don't you try looking at the labels yourself. Remember you want products that are low in fat, sugar and salt and high in fibre.

Our shocking results.....

Kelloggs Coco Pops Bar was the worst—nearly half of it is sugar!

Go Ahead Apple Bake—this had nearly no fibre in it!

Tracker Breakfast bar—43% fat!

Kelloggs Frosties cereal and milk bar—this contained the highest amount of salt out of all the bars tested.

Kelloggs Fruit Winders—you may think this is a healthy option but it only contains 0.3g of fibre (per serving). It is much better to eat a piece of fruit!

Capri-Sun drink pouches contain added sugar—why don't you try the 'Capri-Sun' 100% juice pouches instead.

Try these snacks instead....

- Banana Loaf
- Carrots sticks with houmous
- Sugar snap peas (they're sweet and yummy!)
- Apple cake
- Home-made smoothie drink
- Plain digestive or rich tea biscuit
- Fruit muffins - why not make these yourself!
- Malt loaf
- Raisin bread
- Ryvita apple and sultana goodness bar
- Tesco strawberry cereal bar
- Plain oat cakes