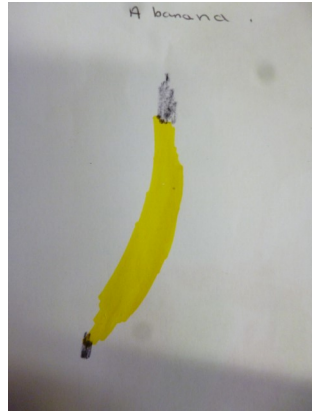


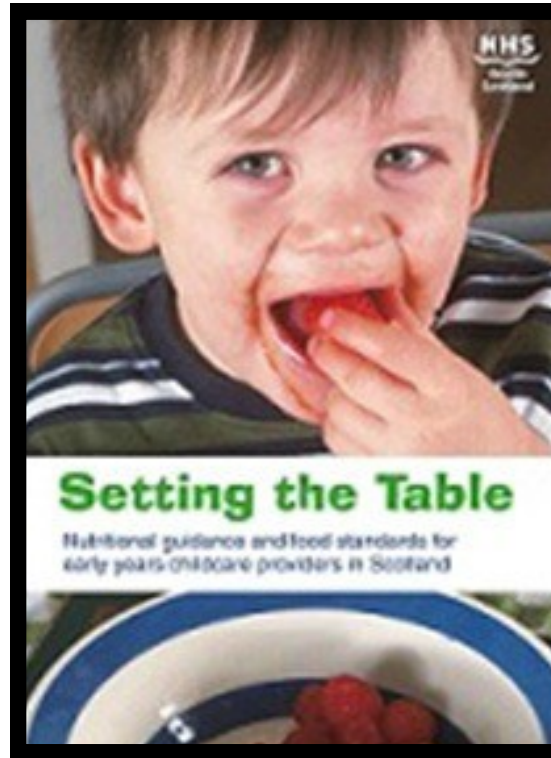
Curriculum for Excellence (2006)



Health and Wellbeing

HWB 0-30a: Together we can enjoy handling, tasting, talking and learning about different food, discovering ways in which eating and drinking may help us to grow and keep healthy

HWB 0-32a: I know that people need different kinds of food to keep them healthy.



Created by Cleddens Children
June 2015

Information from:

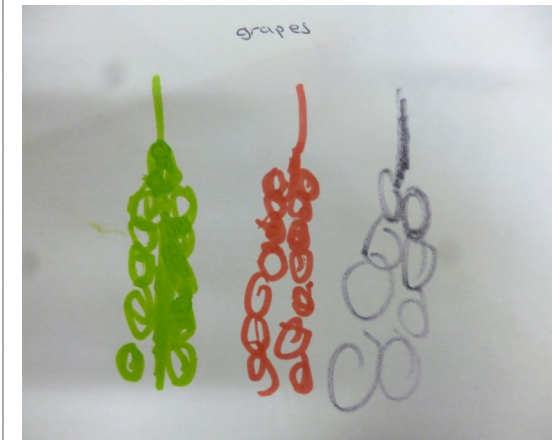
Setting the Table (NHS Scotland 2015)

Curriculum for Excellence
(Scottish Executive 2006)

UN Convention on the Rights of the Child (1989)



A healthy Packed
Lunch



3 to 5 room

Introduction

Cleddens Learning and Childcare Centre is a health promoting nursery and we follow the Nutritional guidelines from Setting the Table (2015) as set out by NHS Scotland.

'The early years is identified as a crucial time to reduce health inequalities'. This can be supported through 'providing healthy and nutritionally balanced meals and snacks' Setting the Table (2015)



Article 24 of the UN Convention on the Rights of the Child (1989) states that

children have the right to good quality health care - the best health care possible - to safe drinking water, nutritious food, a clean and safe environment, and information to help them stay healthy'. By encouraging healthy packed lunches and guidance, we aim to ensure all children have this opportunity.

We feel it is important that all packed lunches are made up following these guidelines. Helping to make sure that all children have similar items to encourage equality and fairness. We as a staff team can reinforce this message through the snacks and lunches we provide.

UN Convention of the Child 'Children

What should be in a healthy Packed lunch?

1 of each item- maximum 3 per lunch

Item 1: Sandwich/ pitta bread/ soup/ pasta or rice (Please bring hot food in a flask)

* Brown/ wholegrain bread should be added to child's diet by age 5

Item 2: A piece of fresh fruit, salad or vegetable

Item 3: Yoghurt, rice pudding, custard, cheese, dips (For example: Humous or mint dip)

We provide milk and water for the children to drink throughout the day as well as meal times.



There will be healthy snacks throughout the day. They consist of fruit, a savory item such as toast, breadsticks or crackers and cheese. At times, the children will also enjoy some cooking and baking within the centre to enjoy as part of their snack.

What unhealthy things should not be in our packed lunches ?

(Nutritional Guidelines)

Look out for food with a reduced salt content. To add more flavour, try to introduce herbs and spices to food.

Food with High Salt content:

- Crisps
- Tinned spaghetti hoops/ pasta
- Tomato ketchup
- Pizza

Highly processed foods

- Sausages
- Satay skewers
- Pre packed food. For example: dunkers or lunchables

Food with high sugar content

- Coated or dried fruit such as raisins
- Fruit in syrup
- Cereal bars
- Tubes of yoghurts (should be avoided)
- Cakes, biscuits, sweets, chocolate, soft drinks, sugary deserts

Nutritional content in yoghurts vary. Choosing yoghurts and fromage frais with a low sugar content and eating them at meal times is less damaging for teeth.