



St. Anne's National School,
Shankill,
Co. Dublin.
Telephone: 2825565

Principal: John Fingleton
www.stannesshankill.com

Healthy Lunch Policy / Healthy Eating Policy / Promotion of Healthy Eating Within

Introductory Statement

The staff of St. Anne's NS have collaboratively drawn up this school policy. This policy is for the information of students, teachers, others who work in the school, parents, the Board of Management, Department of Education and Science and other interested parties in the school community.'

Rationale

For concern for the general health and development of the children in our care.

Relationship to Characteristic Spirit of the School

Our school cherishes all pupils equally and, to aid them in achieving their true potential.

Aims

- To heighten an awareness of the importance of a balanced diet
- To encourage the children to make wise choices about food and nutrition
- To raise levels of concentration within class due to consumption of healthy food
- To encourage pupils to be aware, alert and responsive to litter problems caused by junk food, pre-prepared food, juice cartons etc.

Guidelines

We endorse the healthy eating guidelines promoted by the Department of Health and Children. Children are encouraged to bring one from each of the four main food groups in their Lunch e.g. Fruit, vegetables, brown bread, yoghurt and water.

Parents of new Junior Infants are notified on school policy at the introductory meeting in June. The school policy is supported by the Parents' Association through their newsletters and is available on the school website.

Sweets, crisps and fizzy drinks are banned.
Popcorn is allowed on Fridays only.

Promotion of the Policy:

We support a healthy School Environment through promoting healthy eating / lunches. Posters and other materials e.g. The Food Pyramid are displayed in the school. The policy will be promoted by the principal, teachers and the staff of the school. Children are encouraged to eat healthy food on a daily basis. Children are reminded at assembly and are rewarded with

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Deputy Principal: Ms. Paula C. Kelly

Roll No: 19888H



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points on good practise.

Parents are actively encouraged to support this policy.

Children may be allowed to have a treat on school trips or end of term parties at the discretion of their class teacher.

Success Criteria

Observation by class teachers.

Roles and Responsibility

All staff members and parents will support the progress of the policy.

Timeframe for Implementation

September 2007

Responsibility for Review

The Principal has responsibility for co-ordinating the review.

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SPHE - Food and Nutrition

<p>Class: Infants Strand: Myself Strand unit: Taking care of my body: Food and Nutrition</p>	<p>Objectives p. 17</p> <ul style="list-style-type: none"> • Become aware of the importance of food for growth and development • Food provides energy for work and play, food helps to protect against illness, food helps us to grow • Explore food preferences and their role in a balanced diet • Treats, snacks, fruit, vegetables, foods that are unhealthy for some people and are not for others • Discuss and explore some qualities and categories of food • Fruit, vegetables, foods that can be eaten at breakfast, foods that are grown, food that comes from animals • Realise the importance of good hygiene when preparing food to eat.
<p>Class: First & Second Classes Strand: Myself Strand unit: Taking care of my body: Food and Nutrition</p>	<p>Objectives p. 27</p> <ul style="list-style-type: none"> • Explore the importance of food for promoting growth, keeping healthy and providing energy. • Appreciate that balance, regularity and moderation are necessary in the diet • The food pyramid, the need for a balanced diet, the importance of having an appropriate intake of liquids, food that is unhealthy for some people and is not for others • Identify some of the foods that are derived from plant and animal sources. • Realise & practise good hygiene when dealing with food.
<p>Class: Third & Fourth Classes Strand: Myself Strand unit: Taking care of my body: Food and Nutrition</p>	<p>Objectives p. 40</p> <ul style="list-style-type: none"> • Differentiate between a healthy and an unhealthy diet and appreciate the role of balance and moderation • Identify the nutrients that are necessary in a balanced diet • Exploring how diet promotes growth, performance and development • Recognise the wide choice of food available and categorise food into four main food groups and their place on the food pyramid • Bread, potatoes, cereals • Fruit and vegetables • Milk, cheese and yoghurt • Meat, fish and alternatives • Examine the dietary needs of his / her own age group and other groups in society. <p>Explore some factors that influence the consumption of different food products Presentation and packaging, shelf life, advertising, imported or home-produced, price, consumer demand</p>

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	Discuss and examine the importance of proper food hygiene.
<p>Class: Fifth & Sixth Classes Strand: Myself Strand unit: Taking care of my body: Food and Nutrition</p>	<p>Objectives p. 57</p> <ul style="list-style-type: none"> • Appreciate the importance of good nutrition for growing and developing and staying healthy. • Realise and accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet • Exploring and examining the food pyramid • Recognise some of the important nutrients that are necessary in a balanced diet and the food products in which they are found • Macro-nutrients: protein, carbohydrate, fats, micro-nutrients: vitamins and minerals • Explore the factors that influence food choices • Cost, advertising, demand, peer pressure, advertising and packaging, value for money, time for shopping and for cooking, ideal body images • Explore and examine some of the illnesses particularly associated with food intake or special health conditions celiac, diabetic, anorexia, bulimia, the dietary needs of different age groups and individuals • Become aware of the importance of hygiene and care in the preparation and use of food • Using before sell-by date, reading contents, • Not chopping cooked foods and uncooked foods on the same board

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