



SN Cholmcille Naofa

Healthy Eating Policy

Introductory Statement

This policy was formulated in conjunction with our Code of Discipline and Behaviour. This process involved the Board of Management, staff, parents and pupils.

Rationale

This policy was deemed a necessary part of school life as it was felt that:

- The current eating habits of the children needed to be improved.
- Children needed to be made aware of the fact that eating habits formed in childhood can influence health and well being in later life.
- It would form a vital part of the S.P.H.E. curriculum being taught in our school.
- It would improve children's ability to concentrate and thus enhance the quality of their learning.

Relationship to Characteristic Spirit of the School

We in St. Colmcille's are committed to the holistic development of the children under our care. We feel this also embraces the children's food and nutritional habits as healthy eating will encourage the child to lead a more active and healthy lifestyle. This will also lead to improved standards of concentration and learning. By implementing a healthy eating policy in our school we also hope to reduce litter and encourage recycling as much as possible.

Aims

- To increase children's awareness of the need for a balance diet.
- To encourage the children to make wise choices about food and nutrition.
- To raise levels of concentration in class due to increased consumption of healthy food.
- To reduce litter and encourage recycling.

Guidelines

Children are encouraged to eat the following foods:

- ❖ Sandwiches
- ❖ Fruit (peeled for infants)
- ❖ Yogurt
- ❖ Healthy drinks e.g. water, milk and fruit juice

The following foods are not allowed:

- ❖ Fizzy drinks

- ❖ Sweets
- ❖ Bars
- ❖ Crisps
- ❖ Chewing gum

Exception: At end of the term parties, children are allowed to have treats in school.

This information is included in our Code of Discipline and Behaviour which all parents/ guardians receive on enrolment of their child. The school wishes to make it clear that the primary role in encouraging and promoting healthy eating lies with parents/guardians.

The children will learn about food as part of their S.P.H.E. programme (See appropriate section from curriculum guidelines-enclosed.)

Success Criteria

Class teachers and classroom assistants will monitor lunches and encourage healthy choices at all times.

Roles and Responsibilities

All teaching staff will monitor the progress of the policy. Teachers will use eating time before breaks to address the Food and Nutrition strand unit of SPHE. We will also encourage and accept feedback on its implantation.

Timeframe for Implementation

This policy has been implemented in our school since 2011

Timeframe for Review

Our healthy eating policy will be reviewed at the end of every school year and any amendments will be recorded.

Responsibility for Review

The review of this policy will be undertaken by the staff in consultation with pupils, parents and Board of Management where appropriate.

Ratification and Communication

This policy was ratified by the Board of Management on _____.

Signed: _____ (Chairperson)

<p>Class: Infants Strand: Myself Strand unit: Taking care of my body: Food and Nutrition</p>	<p>Objectives P.17 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, foods that comes from animals. Realise the importance of good hygiene when preparing food to eat.</p>
<p>Class: First & Second Classes Strand: Myself Strand unit: Taking care of my body: Food and Nutrition</p>	<p>Objectives p.27 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 balance 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 and practise good hygiene when dealing with food.</p>
<p>Class: Third and Fourth Class Strand: Myself Strand unit: Taking care of my body: Food and Nutrition</p>	<p>Objectives p.40 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. Explore some factors that influence the consumption of different food products. Presentation and packaging shelf life, advertising, imported or home-produced, price, and consumer demand. Discuss and examine the importance of proper food hygiene.</p>
<p>Class: Fifth & Sixth Class Strand: Myself Strand Unit: Taking care of my body: Food and Nutrition</p>	<p>Objectives p.57 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, fat Micro-nutrients: vitamins and minerals Explore the factors that influence food choices Cost, advertising, demand, peer pressure, and packaging, value for money, time for shopping and cooking, ideal body images. Explore and examine some of the illnesses particularly associated with food intake or special health conditions: coeliac, 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.</p>

