

Houghton Primary School

Healthy Eating

School Lunches

All our school meals are prepared on site in our kitchen. We work closely with our school cooks and with Cambridgeshire Catering Services (CCS) who provide our school meals service. CCS follow the government Food Standards, providing nutritionally balanced meals for our children. Each term CCS run 'taster' events and promotional days so that all children can try their new dishes. CCS have a fantastic website which gives details of the menus for the term, competitions, a cookery club and lots more. Visit our school website and click on the [Our School Dinners](#) link to find out more.

Packed Lunches

Our school dinners are nutritionally balanced and meet the governments' food standards. What about packed lunches? We cannot and do not dictate what goes into your child's lunchbox - we know that many children may be fussy about food and refuse to eat many things. However, we would like to encourage healthy eating and a balanced diet for all our children when they are at school.

Does your child's lunch contain a balance of the following...

Carbohydrates? Carbohydrates provide long-lasting energy - much needed to keep kids going through the day! Examples: bread, bread rolls, pitta bread, wraps, baguettes, crackers, rice cakes...

Protein? Meat, cheese or fish. Examples: cheddar, mozzarella, brie, tuna, mackerel, ham, salami, chicken, turkey...

Fruit and Veg? It can be difficult to eat the recommended 5-a-day... but how about trying cucumber, peppers, carrot sticks, celery, sugar-snap peas, grapes, strawberries, pear, melon, kiwi, dried fruits... Lots of supermarkets have fruit and veg on special offer these days as part of health promotion.

A drink? Water, milk based drinks, diluted fruit juice, smoothies...

We ask you to support us by **not** providing crisps, sweets, chocolate and fizzy or sugary drinks as part of your child's packed lunch. We are not against these treats, but ask that you provide them at home rather than in school.

Healthy Snacks

All children in KS1 have free fruit and veg which is provided daily by a government scheme. We are currently investigating how we can extend this provision for children in KS2.

Many of our parents provide our children with a snack to eat at playtime—fuel to keep them going through the day! Our parents support our request that all snacks are healthy and **do not** provide sweets, crisps, chocolate or fizzy drinks.

The School Council's Top Tips for healthy playtime drinks and snacks...

Boost your child's energy levels with:

Dried fruit (raisins, apricots, bananas etc)

Fruit Salad... chopped bits and pieces of your favourite fruits

Whole fruits e.g. bananas, apples, satsumas

Yummy bagels

Cheese... dice up some of your favourite cheese and add a couple of crackers

Vegetables... carrots, cucumber strips, peppers, celery, sugar snap peas

Yoghurt or fromage frais

Pure fruit juices... diluted with water

Water... always refreshing!

