

CRICK PRIMARY SCHOOL

Snack Guidelines

Eating between meals contributes significantly to our overall daily food intake. It is a good idea, therefore, to make sure that fatty and sugary foods are kept to a minimum and low fat, low sugar foods are chosen for snacks. This helps teach good healthy eating habits for later life as well as contributing towards healthy growth and development.

Snack guidelines can go a long way to help give clear and concise healthy eating messages through the school day.

The following are some ideas for how you can provide your child with good healthy and tasty fruit and vegetable snacks whilst supporting your school to help the health of your child. Please remember that healthy snacks are only a part of a healthy lifestyle – ensuring that packed lunches continue the theme of healthy eating ensures a good nutritious balance throughout the day.

Snack Attack

The following are ideas for **fruit** and **vegetable** snacks; choose from a selection of these to increase variety.

- 1 medium apple – children may prefer fruit like this peeled and chopped – place the chopped apple into a carton covered with water to help prevent browning. Children can eat this with fingers. An apple cored and chopped into segments can be cling filmed.
- Tinned/fresh pineapple
(2 rings, or about 8 – 10 pieces if chopped, put into a small container).
- Kiwi fruit (a whole kiwi fruit can be eaten like a boiled egg or peeled and taken wrapped in cling film)
- Medium banana
- Oranges – children may prefer small satsumas or clementines, however, small oranges peeled are usually just as popular – take in small container or cling film
- Medium pear
- Tinned fruit can be split into smaller containers to bring – using a plastic spoon to eat – try and get fruit tinned in natural juice – if the fruit is in syrup, drain the fruit and add fruit juice (e.g. fresh orange juice) and leave to 'dry'.
- 1 nectarine/peach/mango
- 2 small plums
- Fresh strawberries/raspberries (also tinned).
- Portions of chopped fruit salad

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- 1 large carrot, peeled and chopped into strips or grated and put into a container
- 6 – 8 grapes (children may prefer seedless variety – or just take the pips out)
- Cucumber cut into strips
- 4 – 5 small cherry tomatoes (these are usually quite sweet tasting)
- 2 pieces of celery chopped into strips
- ¼ - ½ green/red/yellow pepper cut into strips
- Avocado pear cut in half and eaten out of the skin with a spoon
- Cold mashed potato with grated carrot mixed in is a colourful snack
- Portion of raw runner beans

Healthy Drinks

- The school offers milk to all its pupils through the 'Cool Milk' scheme
- Cooled water is provided and drinking fountains are situated in other parts of the school
- The school encourages children to drink water throughout the day. A cooled water dispenser is situated outside Year 2's classroom.

National Fruit Scheme

KS1 pupils are offered a portion of fruit or raw vegetables every day, free of charge.

Healthy lifestyle is studied in age – appropriate ways during PHSE, Science and PE lessons.

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