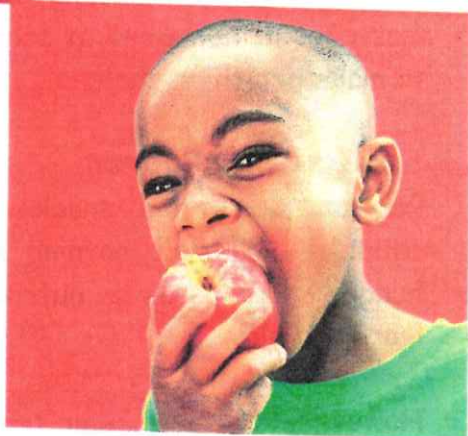




School Play Pieces



When your child first starts school, he or she will suddenly start growing quickly and become more active. So it's crucial all meals and snacks are rich in nutrients and energy. What children eat affects not only their bodies, but also their learning and behaviour. The food choices they make now can influence their future eating habits and has a big affect on their health.

What is the school doing to help?

Schools are trying to promote good health choices to your child. All schools in Scotland need to be **Health Promoting** and will help your child to learn about the relationship between food, health and wellbeing. They also have to meet the new **nutritional requirements** for all food sold/served in schools.

What can you do to help?

By working with the school, you can make a real difference to your child's wellbeing by encouraging them to take a healthy snack at morning break. If they get the same messages at home and at school they are much more likely to make healthier choices.

Snacks for children

Regular meals and snacks are important for growing children. A small morning snack will stop them getting hungry and tops up on nutrients and energy to help them learn and play.

However, large snacks or those that are high in fat/sugar can affect their appetite for the next meal and may lead to them becoming overweight. Sugary snacks and drinks can lead to dental decay.

Keep snacks small and easy for your child to open. Choose from the Play Piece ideas opposite:

Play Piece Ideas

Fresh Fruit: apple, banana, pear, grapes, kiwi, orange

- ☑ Chop or peel and store in easy open tubs
- ☑ Cut kiwi /oranges into 4 pieces and cling film back together

Raw Vegetables: carrots, cucumber, peppers, celery, cherry tomatoes

- ☑ Chop into sticks and store in easy open tubs
- ☑ Try adding a low fat dip such as natural yoghurt or salsa

Breads: 1 slice of bread, small roll, ½ tortilla wrap, ½ pitta bread

- ☑ Spread with a small amount of low fat margarine or spreading cheese if needed

Savoury Snacks: oatcakes, crackers, breadsticks, rice cakes, plain popcorn

- ☑ Spread with a small amount of low fat margarine or spreading cheese if needed
- ☑ Try low fat crisps as an occasional treat

Sweet Snacks: small scone, pancake, a slice of fruit or malt loaf

- ☑ Try homemade ones with less sugar added

Dairy Foods: low fat yogurts, fromage frais or cheese

- ☑ Avoid confectionary based flavours (e.g. toffee or chocolate)

Drinks: plain water or semi skimmed milk

- ☑ Use a bottle for topping up water at school
- ☑ Put milk in an insulated cup / bottle to keep it cool



Further Information & Resources:

NHS Forth Valley Health Promotion – to view more information on healthy eating and to download a range of information
www.nhsforthvalley.com/healthpromotion Click on Nutrition

Learning Teaching Scotland – Parents Zone – find out how you can support your child's education including health and wellbeing information
www.ltscotland.org.uk/parentzone/

5 a Day – ideas on how to include more fruit and vegetables into your diet
www.5aday.nhs.uk

British Dietetic Association – click Latest Food Facts to view a range of diet related fact sheets
www.bda.uk.com

Eco Schools – for information on environmental issues, reducing waste and sustaining our world
www.ecoschoolsscotland.org

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