

Ashton West End Primary Academy

A Healthy Lunch can improve your child's learning.

Nutrition directly affects your child's:

- IQ
- Learning
- Concentration
- Sleep
- Behaviour



'Vitamins and minerals are the intelligent nutrients that keep the brain in tune.'

(See 'Food for the Brain' Website)

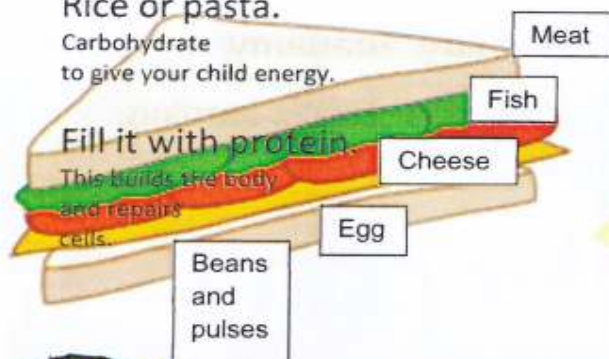
Visit :-

<http://school.asda.com/>

for activities to show your child why healthy food is important.

A sandwich, wrap or pastry,
Rice or pasta.

Carbohydrate
to give your child energy.



Fill it with protein.

This builds the body
and repairs
cells.

Meat

Fish

Cheese

Egg

Beans
and
pulses

Yoghurt or
cheese

Vital calcium
for strong
bones and
teeth.

Water or juice
(At least 6 drinks
in 24 hours)

Keep your child
hydrated with enough
water through the day
to prevent headaches,
tiredness and a lack of
concentration.



Vegetable
sticks and/or
fruit.

This provides vital
nutrients for the
brain. It will also help
the body grow and
stay healthy.

Treat One small treat
could be added but too
many will rob your child of
essential brain friendly
nutrients.

Here are some guidelines for a healthy lunchbox.

<u>Green – Savoury (1-3 choices)</u>	<u>Green – Sweet (1-2 choices)</u>	<u>Red (1 treat each day only)</u>
<p>Sandwiches: pitta bread, wrap, baguette, bread, bagels with a filling for example cheese, ham, tuna, chicken, egg, beef, paste. Add salad or have it separate NO chocolate spread or jam on sandwiches Cheese and crackers Pasta / Rice / Salad Dips (houmous, salsa, cheese and onion) with carrot sticks, cucumber sticks, peppers, pitta bread SAVOURY:</p> <ul style="list-style-type: none"> • Samosas • Sausage rolls (Meat or Soya) • Pies 	<p>Yoghurt pots NOT chocolate or chocolate based Yoghurt sachets – fruit based Fruit – a piece of fruit, apple, banana, orange, kiwi, melon, strawberries, grapes, blueberries Packet of raisins Fruit pot Fruit smoothie tube Fruit fromage frais Yoghurt coated raisins Packs of dried fruit</p>	<p>Jelly Tub (sugar free) Custard (sugar free) Small chocolate covered biscuit for example: 2 finger kit kat, break away, penguin or viscount Rice Pudding Malt Loaf Oat Biscuits Muesli Bars Nutri Grain Bars Crisps: healthier options include - Quavers, French Fries, Cheddars NO CHOCOLATE BARS, NO NUTS, NO KING SIZE TREATS</p>

A child may need to try a food 12 times before they like it.

Here are some other ideas.

