

Healthy Eating in School

Encouragement

- Important to encourage children
 - To make the right Food Choices
 - By Educating them (school & home)
 - Involving them
 - Help or Make their own lunches
 - Discuss healthy options
 - Ask when going shopping – Ideas for lunches
 - Also cooking & growing own food
 - All Ideas are good
 - Crepe a great idea – What can we do to make that even healthier? what other toppings could we try?
 - Cheese sandwich – would you think a little tomato would make that healthier?



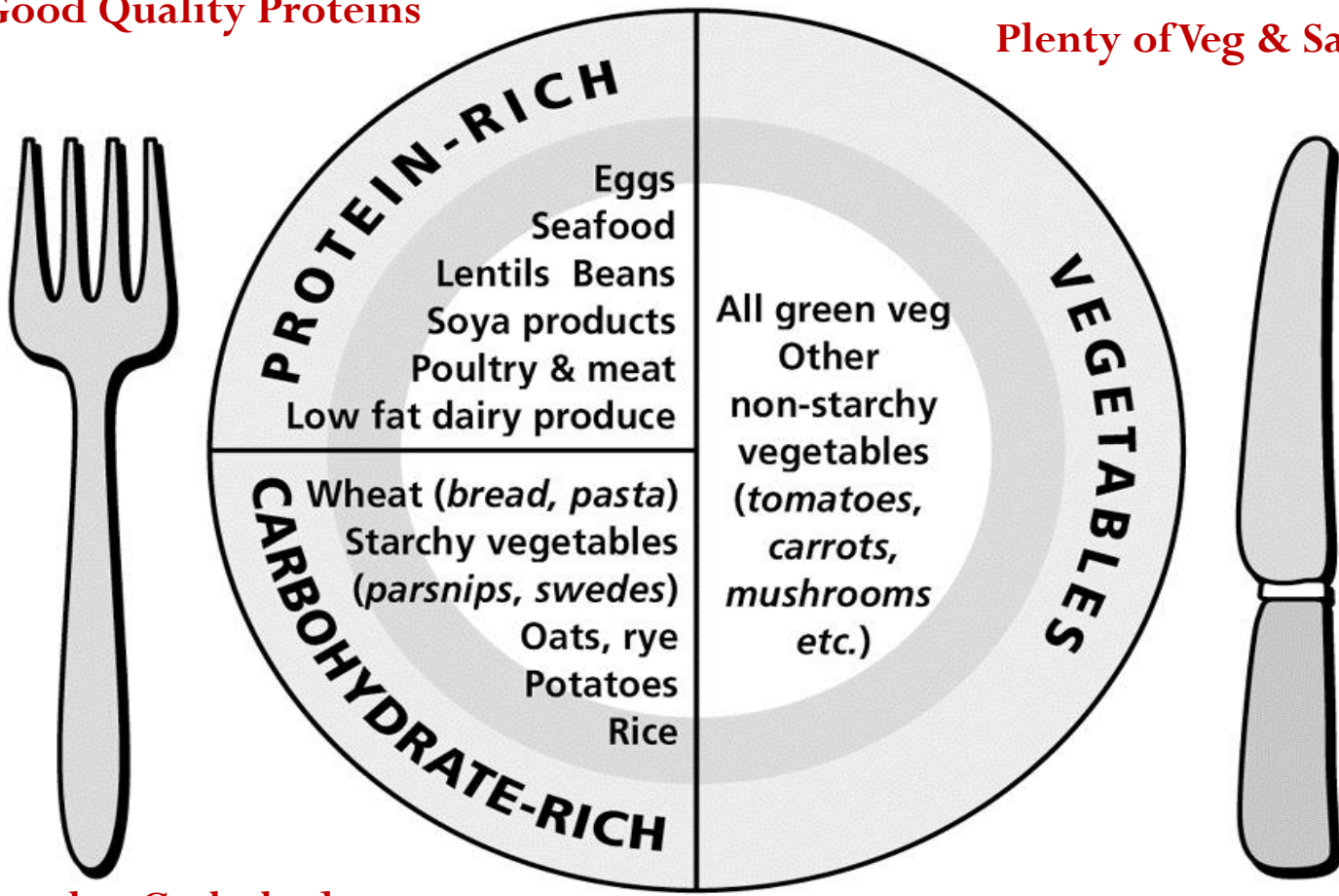
Healthy Eating

- It's all about balance -
- If you have a balanced plate then better chance of balanced health
- Getting in
 - Good quality protein,
 - Fats
 - Carbohydrates
 - Vegetables/ Salad and some fruitinto the diets in adequate amounts - should mean that you are also getting the nutrients (vitamins and minerals) that is needed to promote health.

Balanced Plate for balanced health

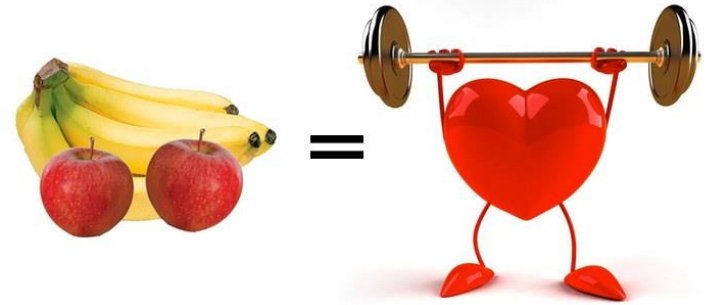
Good Quality Proteins

Plenty of Veg & Salad



Complex Carbohydrates

Protein



- Essential for
 - Growth & repair of Muscles, bones,
 - Skin, hair, nails
 - Blood – formation of haemoglobin – to carry oxygen to the cells

How Much

- Age 4-8yrs - Between 20g-30g /day
- Age 8-13yrs- 30g – 50g/day

About 1g protein for every 2lbs body weight

The Good Fats

- Omega 3
 - Essential for brain health
 - 60% of our brain is fat
 - Concentration
 - Memory
 - Mood
 - Anti inflammatory

Food Sources

Oily fish – Mackerel, Salmon, Sardines, Cod, Tuna

Avocado, Soft eggs.

Reduce – Bad fats like Spreadable butters

Include instead : Real butter.



Complex Carbohydrates

- Essential in Energy
 - High in B vitamins
 - Metabolism of food into Energy
 - Formation of neurotransmitters – Serotonin – Happy hormone
- Good Digestive Health
 - High in Fibre

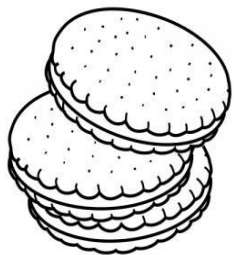
Food Sources – Brown Rice, Brown Pasta, Brown Wholegrains (Wheat, oats, barley)

*Encourage the children to eat **Brown!***



Refined Carbohydrates

- White Bread, White Pasta, White Rice
 - Empty Calories – little or no nutrition
 - Husk of grain removed
 - Lacking in Fibre
 - Lacking in B vit
 - Fast releasing sugar into blood stream
 - Contributes to Blood sugar Imbalance



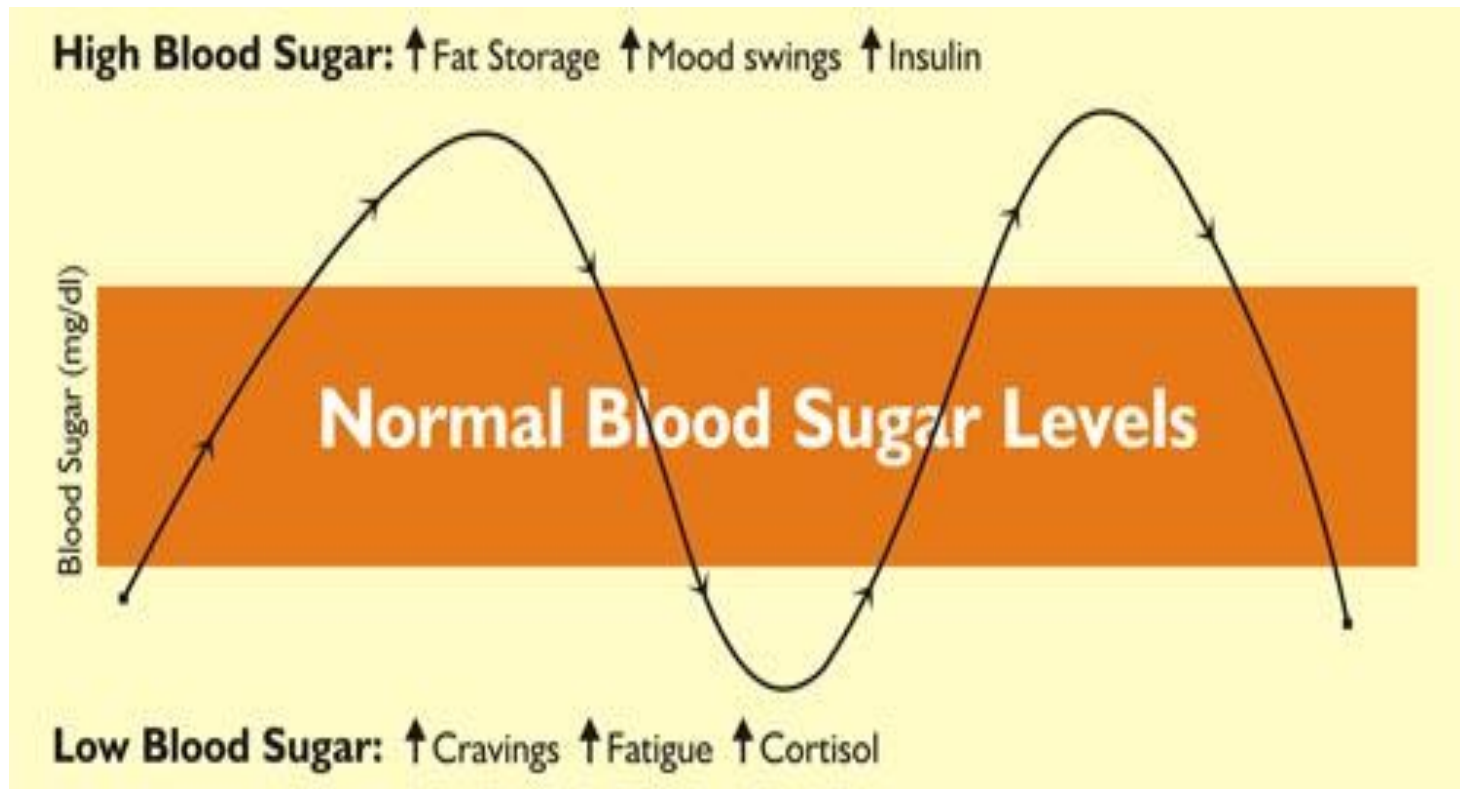
Sugar

From Sugary foods/drinks and processed Foods



- Reduced Energy
- Low concentration, memory, mood
- Addictive –more you eat the more you want
- Food Cravings – need more sugar
- Depletes immune for up to 5hrs
- Tooth decay
- Blood sugar imbalance – long-term can lead to:
 - Weight gain & obesity which increases risk of
 - High blood pressure, high cholesterol, depression, cancer

Blood Sugar Chart



Water

Some children forget to drink enough water

Essential for every cell in our body!!

Therefore for every process in the body:

- Important for Concentration
- Immune system
- Digestive system
- Detoxification
- Hormonal ...



Portion sizes

- Healthy portions (not adult size)
- All portions now are way too big
 - Just compare bowls to the size they were when we were small (twice the size or bigger) - cups were smaller – now big mugs..
 - With the rate of childhood obesity in this country – highest in Europe – we cannot ignore this

Sugar is the biggest contributory factor – in almost all processed food!

Lunch Ideas

Sandwiches

- Chicken /turkey, roast beef, egg/ tuna salad sandwich

Wraps are so easy to prepare with any filling you like:

Fillings like: Hummus (buy in any supermarket)

- Pesto
- Salad leaves/lettuce/baby spinach
- Rocket
- Grated carrot/ broccoli/beetroot
- Tomatoes/Sundried tomatoes
- Chicken/Turkey/ beef
- Mackerel/Tuna/smoked salmon
- Grated cheese
- Avocado/chopped olives

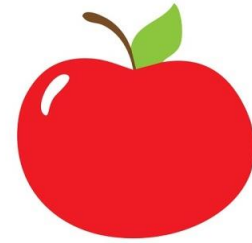


More Ideas



- Brown Pasta
 - With Tuna, sweet corn and onion (a little mayo)
 - Chopped ham and pineapple – a little grated cheese
 - Sundried tomatoes, olives and soft cheese
- Dinner from night before? – can be balanced already and if you can eat cold...
 - Left over Pasta bake
 - Add in some roast or salmon to salad or wraps
 - Quiche – balanced with protein, veg and carbs

Snacks



- **Snacks**

- A few grapes (or any fruit, apple, pear, kiwi...) and few cubes of cheese
- Oatcakes and hummus/pestos
- Piece of fruit with natural yogurt or cheese or cold meat
- Natural yoghurt with added fruit (or Smoothies) with added:
 - Banana
 - Berries (strawberries, raspberries, blueberries, blackberries...)
 - Frozen berries (from freezer in supermarket, European or Irish and wash well)
 - Stewed apple and cinnamon (and cloves)
 - Stewed pear/plum
 - Can add oats (toasted or untoasted) on top for extra bulk
- Carrot stick with hummus - Or a mix Carrots, peppers, Celery

For the Children

- Balanced Lunch box
 - Make or help make lunch
- Plenty of Water
- Encouragement & Involvement from us
 - They know so much already!
- Keep it positive & Exciting!
 - Also important is :
- Plenty of Exercise
- Good Rest



Thank you.