



Healthier Eating at Ballyclare Secondary School

Are you hungry for success?

Ballyclare Secondary is committed to helping students make healthy choices. A healthy diet has been shown to help concentration and therefore make a positive contribution to young people achieving their best at school.

We have a full Food in School policy, if you would like to know more please contact the school.

Breakfast

The word "Breakfast" means what it says. It could be about 10 hours since you last had something to eat so you are "breaking" your "fast". It is therefore important to start your day with a healthy, filling meal.



Break

A small healthy snack mid-morning can keep hunger pangs at bay and keep concentration levels up after break time. The wrong type of drinks and snacks are also not good as part of a balanced diet. Snack foods such as crisps are fine as an occasional treat but most snack foods tend to be high in fat, salt and sugar. These can cause excessive weight. High sugar foods are also bad for teeth. High salt foods can increase blood pressure and heart problems.



- ✓ Replace sweets and chocolates with a piece of fresh fruit, fruit salad or dried fruit
 - ✓ Replace cakes and biscuits with pancake, fruit bread, malt loaf or wheaten bread
 - ✓ Replace salty snacks with rice cakes, breadsticks or crackers with cheese
- Please send water rather than fizzy drinks or sugary energy drinks

No nuts or nut based bars, peanut butter or chocolate and hazelnut spreads, please. A number of pupils at school have severe nut allergies.

A Healthier Breaks Scheme runs on Tuesday, Wednesday and Thursday. Items such as toast, pancakes and scones are on sale outside the Assembly Hall.



Lunch



Over the last few years school food has changed dramatically. New standards mean that the canteen now provides a healthy, balanced range of foods and drinks to choose from. The guidelines specify a maximum amount of fat, saturated fat, added sugars and salt, and minimum amount for vitamins and minerals. This means that by choosing school lunches, not only will you be saving yourself time and hassle of preparing a packed lunch every day, but you can also be sure that your child is getting a well-planned, nutritious meal that will contribute to their health, well-being and ability to concentrate on afternoon lessons.

The menus change on a four week rotational basis and will soon be available to download from the school website.

An average lunch (sandwich/main meal, small drink and dessert) should cost around £2.55. This is also the value of the free school meals ticket.

You may choose to prepare a packed lunch for your child. As with the school meals a balanced packed lunch will be of most benefit to pupils. Overleaf are a few hints and ideas for your consideration.



What makes a balanced packed lunch?

Starchy Foods for energy fibre vitamins and minerals.

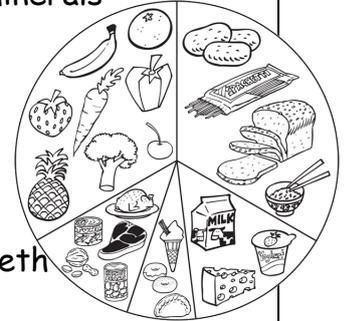
- ✓ Bread: Try different types (bread, rolls, pitta, wraps)
- ✓ Other starchy foods: pasta, rice, couscous, noodles
- ✓ Whole grain is best for fibre which helps to maintain a healthy digestive system.

Meat and Alternatives for protein to build muscles and for minerals

- ✓ Lean meat: chicken, turkey, ham
- ✓ Fish
- ✓ Egg: boiled egg, quiche, omelette
- ✓ Meat alternative e.g. tofu, quorn
- ✓ Pulses like beans or lentils eg in salad

Milk and Dairy essential for calcium for healthy bones and teeth

- ✓ Milk to drink
- ✓ Yoghurt or yoghurt drinks
- ✓ Fromage frais
- ✓ Cheese: cottage cheese, edam, spread cheese (full fat cheese in moderation)



Eat well plate

Fruit and vegetables for vitamins and minerals, for fibre: all necessary for the body to function properly and keep us strong and healthy. Try to include 2 of the 5 a day at lunch.

- ✓ Add salad to a sandwich
- ✓ Fresh fruit, dried fruit, fruit salad (fresh or tinned)
- ✓ Vegetable salad
- ✓ Finger food: celery, carrot cucumber sticks, baby tomatoes. These are good with a dip like houmous or tzatziki

Drinks: The best drink is water or milk, but you could try diluted pure fruit juice, yoghurt drinks or smoothies if you prefer.

For creative lunch ideas visit:

<http://www.eatwell.gov.uk/agesandstages/teens/packedlunches>

http://www.teenweightwise.com/smart_food_choices/packed_lunches.html

Cool and Clean

It is also important to prepare and store foods hygienically. Here are some good habits to check off make sure packed lunches are safe to eat.

- ✓ Wash hands using hot soapy water before handling food.
- ✓ Wash fruit and vegetables before you eat or prepare them.
- ✓ Put your food in a clean plastic box or bag. Wash the box inside and out every day.
- ✓ If you make your packed lunch the night before, keep it in the fridge.
- ✓ Keep chopped fruit or vegetables fresh in a small plastic box with a lid.
- ✓ Keep sandwiches fresh by wrapping in cling film, tin foil, greaseproof paper or plastic sandwich bag.
- ✓ To keep the food cool at school add a little freezer pack or a frozen bottle of water/carton of juice. (which will have thawed and be ready to drink by lunchtime)

