

Alderley Edge Community Primary School

Healthy Eating Policy



This policy was written by the children with support from the school council and staff.

Why should we eat healthily?

- To stay healthy and fit.
- Our teeth stay healthy.
- Prevent illness and becoming overweight.

What helps us at school?

- Healthy snacks from home.
- Toast available at break.
- Fruit in KS1
- Healthy interesting school meals and pack lunches.



Drinks; why is water important? To cut down on sugar intake from fizzy drinks and to keep hydrated so our brains work well! This is helped by;

- Bringing in water bottles into class.
- We can buy water bottles from the school office.
- Having a water fountain in school we can use.

School Meals and pack lunches. What should they offer?

We believe in healthy foods; Fruit, vegetables, salad, protein, carbohydrates (such as potatoes and pasta) and a little fat.

How will AECPS support the policy?

- We make sure that free, fresh drinking water is available all through the day and we encourage you to drink water.
- We will work with the school council and our cook and middays to help make your dinner times more enjoyable and to have plenty of choice of fruit and vegetables.
- You can sit with your friends in the dinner hall.
- We encourage you to bring in healthy pack lunches.
- We teach you about good health in class.
- We have special themed menu days to try.
- We talk to your parents or carers to help encourage you to make healthy choices.
- Treat Friday – have healthy snacks from Monday to Thursday and a small treat on Friday

For more information talk to you class teacher.