

Healthy Snacks



As a Healthy School we encourage all children to bring in a healthy fruit or vegetable snack for morning break as well as a water bottle for the day.

Fresh fruit and vegetables are always the best snack choice for your kids – they contain vitamins and minerals, are a good source of fibre and count towards their 5 A Day.

Fresh water is the best drink for children.

Try to use a reusable water bottle!
Foundation Phase pupils are also offered milk as a drink at snack time.

Healthy Snack Tips!



Try to avoid dried fruits like raisins as a snack as they stick to children's teeth, which can lead to tooth decay. Dried fruit is best eaten as part of a meal, so could be saved for lunchtime.



Offer children a range of brightly coloured fruit and veg, cut into shapes, or draw funny faces on the skin of a banana or satsuma.



A squeeze of lemon juice can help stop chopped fruit from going brown.



Encourage children to get involved in preparing and choosing their healthy fruit/vegetable snack. Children are more likely to eat it if they helped to prepare the snack.

We recognise the importance of a healthy lifestyle and understand that establishing a balanced diet in childhood helps to promote healthy eating habits for life.



Take a look at the variety of choices we suggest for **healthy snacks**



Banana



Apple



Pear



Satsuma



Pepper Slices



Grapes

(halved for little ones)



Strawberries



Carrot Sticks



Cucumber Slices



Celery Sticks



Cherry
Tomatoes



Peach /
Nectarine



Pot of blackberries
or blueberries



Pineapple

(Cut into chunks)



Mango

(Cut into chunks)



Melon



Kiwi

