



TYRRELSTOWN EDUCATE TOGETHER  
 NATIONAL SCHOOL  
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# Healthy Eating Policy

Status	Approved
Version	2.0
Reviewers	BOM, Principal, Deputy Principal, Staff at TETNS
Purpose	To outline the healthy eating policy implemented by TETNS

Approved by	M. Hurley (29/8/11)	M. J. Murphy (29/8/11)
	_____ (Principal)	_____ (Chairperson)
Proposed Review Date	Jan. 2013	

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# 1. INTRODUCTION

Tyrrelstown ETNS recognizes the importance of health and wellbeing in the development of a child. As a result this policy has been compiled to promote healthy eating.

## 2. AIMS

The aims of this policy are to

- promote the personal development and well-being of the child.
- promote the health of the child and provide a foundation for healthy living in all its aspects.
- enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
- enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

## 3. PROMOTING HEALTHY EATING

As part of the Social, Personal and Health Education (S.P.H.E.) Programme children are encouraged to make healthy choices regarding the food that they eat. As part of this programme children are made aware of the food pyramid so that they can make an educated choice when choosing what to eat.

## 4. LUNCHES

Lunch is an important meal for school-going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre (roughage).

The traditional packed lunch of milk and sandwiches is under attack from a range of convenience foods like crisps, sweets, biscuits, chocolate and soft drinks. Parents and teachers are concerned about this trend but some find it difficult to come up with popular healthy alternatives.

The following guide provides suggestions for quick, appetising, and nutritious lunches for children.

Bread & Alternatives	Savouries	Fruit & Vegetables	Drinks
Bread or rolls, preferably wholemeal Rice - wholegrain Pasta - wholegrain Potato Salad Wholemeal Scones	Lean Meat Chicken/Turkey Tinned Fish tuna/sardines Cheese Quiche	Apples Banana Peach, Mandarins Orange segments Pinapple cubes Grapes	Milk Water Fruit Juices Yoghurt

		Fruit Salad Dried fruit Cucumber Peppers Sweetcorn Tomato	
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The following foods are not allowed in school

- Chewing gum
- Fizzy drinks
- Sweets
- Bars
- Chocolates
- Biscuits
- Crisps

## 5. COMMUNICATION

Parents shall be made aware of this policy in the school information booklet they receive when their child is starting school. A copy of this policy can be provided to parents upon request.

## 6. REFERENCES

- SPHE Plan, 2011, TETNS

## 7. DOCUMENT HISTORY

Version	Description
V 1.0	Sept. 2005
V 1.1	Editing performed to ensure uniform look and feel to all curriculum plans
V 2.0	Approved and agreed by TETNS BOM, Aug. 2011