

The eatwell plate

Use the eatwell plate to help you get the balance right: it shows how much of what you eat should come from each food group.



Healthy Packed Lunches

Acorn Pre-School has been awarded a Healthy Childcare Award, part of the award is to promote healthy eating.

If your child attends Acorn Pre-School all day or the afternoon session we require you to provide a healthy packed lunch for your child.

Children need a well balanced diet that is packed with nutrients to help them grow and develop properly.

Childhood obesity is on the rise, by giving your child a balanced diet and healthy snacks you will be teaching them good habits to carry with them into their adulthood and will also help prevent your child developing serious illnesses in the future.

Acorn Pre-school recommends that you choose foods from each area of the eatwell plate (see reverse of leaflet) to ensure your child has a balanced diet.

Acorn Pre-School hopes that this leaflet will provide you with helpful information regarding healthy packed lunches.



Choose something from each of these four food groups to make a healthy packed lunch;

Vegetables and Fruit – tomatoes, carrot, peppers, apple , celery, bananas, cucumber, grapes, pears.



Bread and Cereal – wholemeal bread, white bread, pitta bread, rolls, pasta.



Milk and Dairy Produce – yoghurt, cheese, fromage frais.

Meat and Alternatives – ham, chicken, tuna, eggs, pulses



Acorn Pre-School requests that the following foods are not put in children's packed lunches;

Sweets
fizzy drinks
Any products containing nuts

All packed lunch boxes must be clearly named.

Please use a small ice pack inside the lunch box to keep the contents cool.

Please do not use glass containers.

Acorn Pre-School will provide water for your child to drink, if you want your child to have juice or squash you must include it in their packed lunch.

Please do not use any nut products due to allergies.

If you forget to bring a packed lunch, you will be required to return straight away with their lunch.





