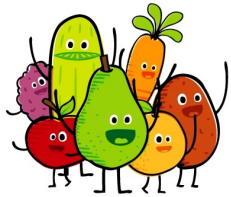


## Bannerman Road Golden Lunchbox Award

The Golden Lunchbox Award is issued each week as part of The Golden Book Assembly.

It is awarded to a student who has consistently brought a wonderfully healthy packed lunch to school!



Please remember: A hot school meal is offered every day in school.

This is free for children in Reception, Year 1 and Year 2, and for families entitled to free school meals.



## Healthy Lunches at Bannerman Road Community Academy



Eating well is important. Children need to eat well to give them energy and nutrients to grow and develop, be healthy and active.

A healthy and enjoyable packed lunch gives children the energy they need to learn and play in school.

"Healthy food will help us with our learning and make us feel our best!"



# What goes into a healthy packed lunch?

Like adults, children need a balanced diet to help them to function their best. Below is a simple diagram that shows how much of each kind of food should be in our diet to help us be healthy and happy.

## Grains, Cereals and Potatoes

Give energy, fibre, vitamins and minerals.

## Fruit and Vegetables

Provide vitamins and minerals as well as fibre to help digestion.

## Proteins; such as meats, fish, tofu, beans, pulses, Quorn and eggs

Build muscle and provide minerals.

## Fats and sugars

Contains calcium for strong bones.

## Dairy products; Such as cheese, tzatziki, milk and yoghurt

For more information or healthy lunch ideas, please visit:

<https://www.nhs.uk/live-well/eat-well/>

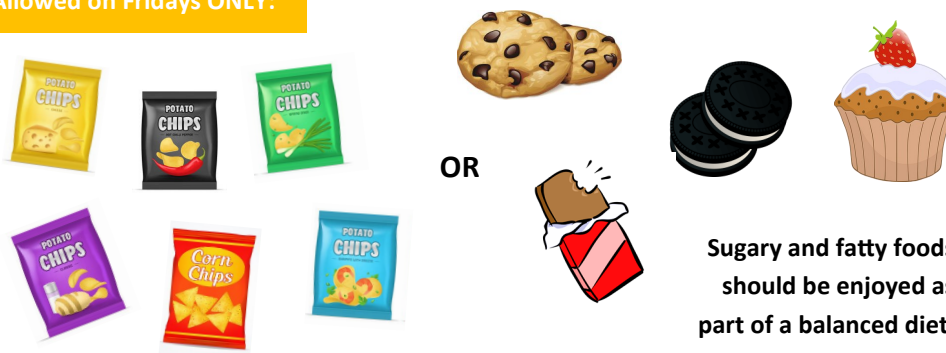
<https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>

<https://www.nutrition.org.uk/healthyliving/helpingyoueatwell/healthypackedlunches>

## Allowed everyday :

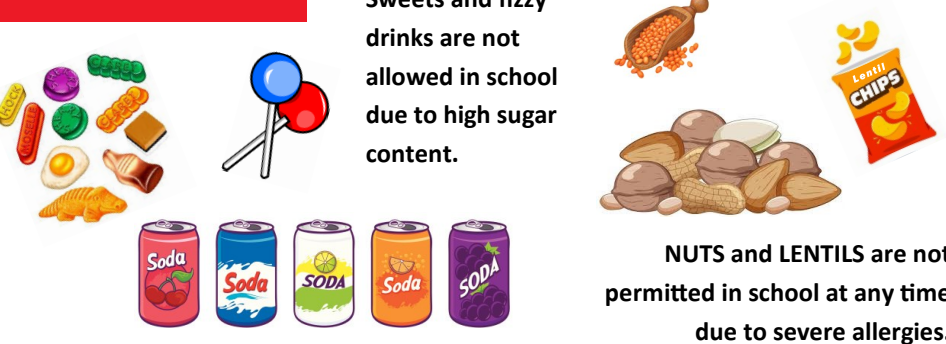


## Allowed on Fridays ONLY:



Sugary and fatty foods should be enjoyed as part of a balanced diet.

## NEVER allowed in school :



Sweets and fizzy drinks are not allowed in school due to high sugar content.

NUTS and LENTILS are not permitted in school at any time due to severe allergies.



Water is available at school. Only water, milk or *pure* fruit juice should be included in a lunchbox.

Drinks help children to concentrate and feel well.