

Bankside's Drinks

Water is best. For most people, water is the best thing to drink to stay hydrated. Pupils need to drink healthy drinks throughout the school day to maintain the best hydration.




KEEP CALM AND STAY HYDRATED

A nutritious and tasty meal is available for pupils and staff at lunchtimes in a pleasant environment .

Nurture Table

Staff sit with pupils who need extra support in the dining room to allow them to have a successful dinner time & to help them to feel confident at lunchtimes

Packed Lunches

According to NHS choices a balanced lunchbox should contain: Starchy foods like bread, rice, potatoes or pasta. Protein foods like meat, fish, eggs or beans. A dairy item, like cheese or yogurt.

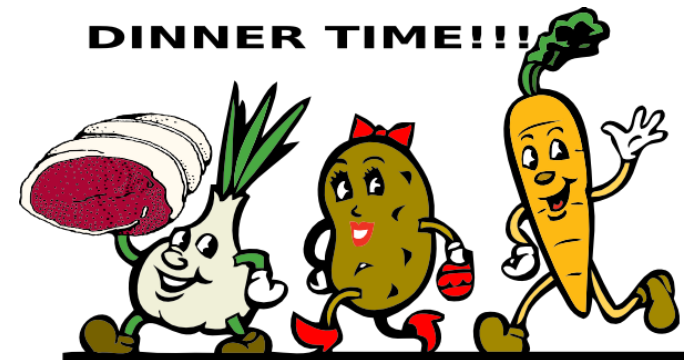


CHILD FRIENDLY POLICY

Bankside's Food Policy



DINNER TIME!!!



Breakfast Club

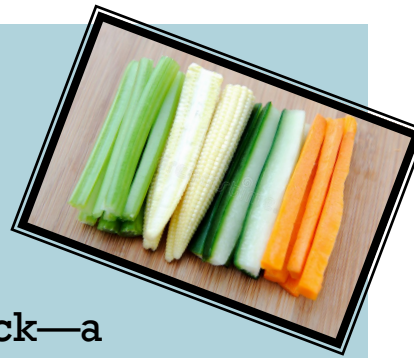
Food provided at breakfast times is nutritious. At school we do this by: setting the standards for breakfast as high as at lunchtimes. An ideal breakfast can have one portion of fruit (this can be fruit juice), some form of complex/wholegrain carbohydrate (toast/ porridge) , some dairy produce and be low in sugar and salt.

In our Breakfast club we are able to enjoy our breakfast in a pleasant environment seated at a table whilst chatting with our friends.



Snacks

Please give your child a healthy snack—a piece of fruit or some carrot or celery sticks!



We realise that fun party food involves biscuits, cakes and chocolate but it can be healthy too.

When sending something in please think about healthier savoury snacks such as sandwiches and bread sticks and fruit such as strawberries, grapes and sliced apples.

Fizzy drinks are not allowed

Learning...

We have lessons in which we learn about food. We find out about different things such as , nutrition, food hygiene and ethical (buying and cooking with Fair Trade products .

We have lessons about the importance of a well balanced diet.

In classes we learn how to plan, prepare and cook healthy, tasty meals. We also learn about growing and farming of food and its impact on the environment.

In our lessons we cook different foods . Some of them are savoury and some include sweet ingredients. We share these delicious foods with our class.

