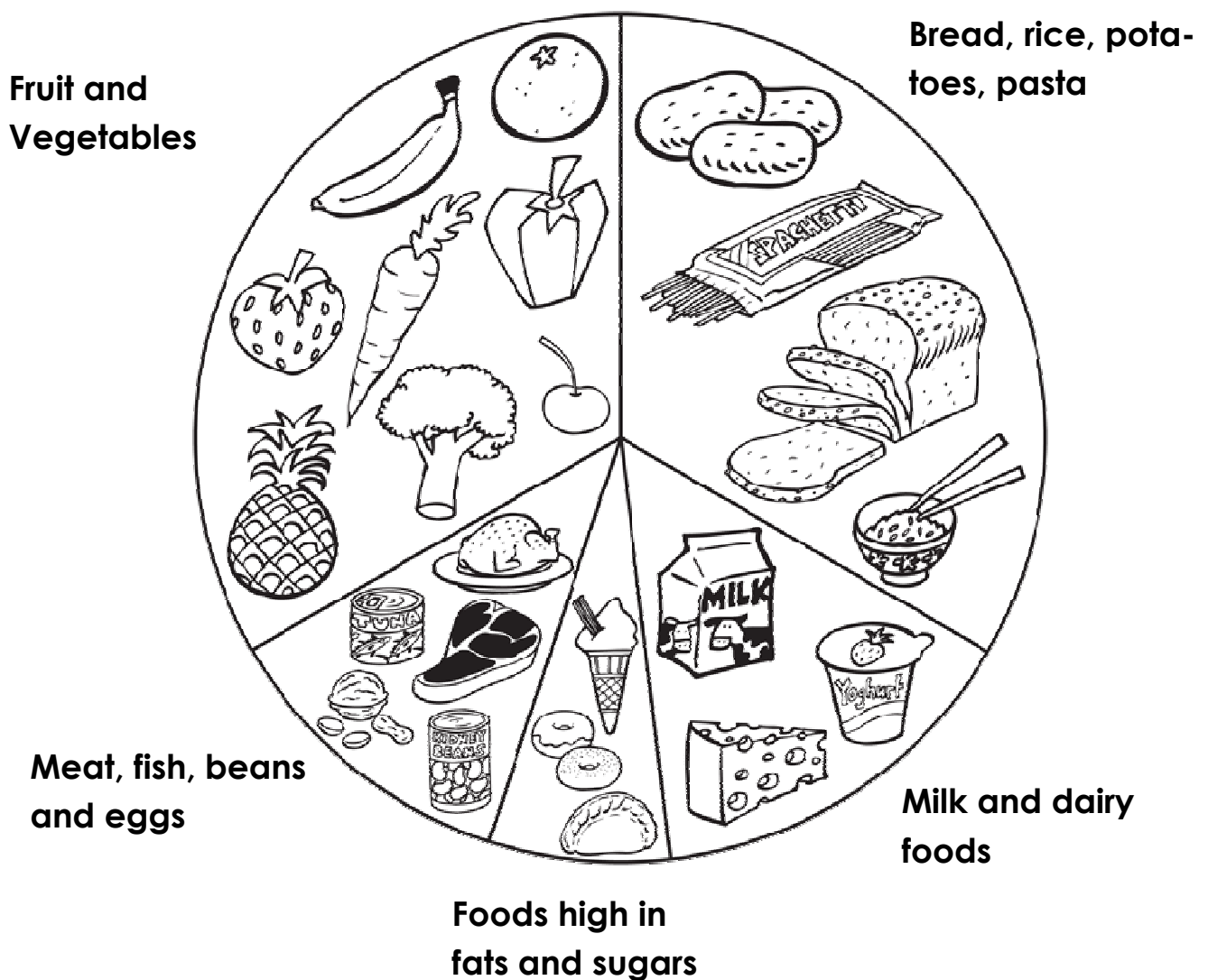


Bankside is a Healthy School

Bankside is committed to helping all children to be healthy and happy. Eating a balanced diet and exercising regularly helps children to stay a healthy weight and feel ready to learn and have fun.

The “Eat Well Plate” below tells you the proportion of each food group needed in a day’s diet.



At Bankside our school dinners have been created with the advice of a dietician to ensure we provide healthy meals that have the essentials of nutrition from the “Eat Well Plate”

Bankside is a Healthy School

If your child is bringing a packed lunch to school, the following examples reflect the essential elements of the “Eat Well Plate” and will help you to ensure your child has a healthy lunch.

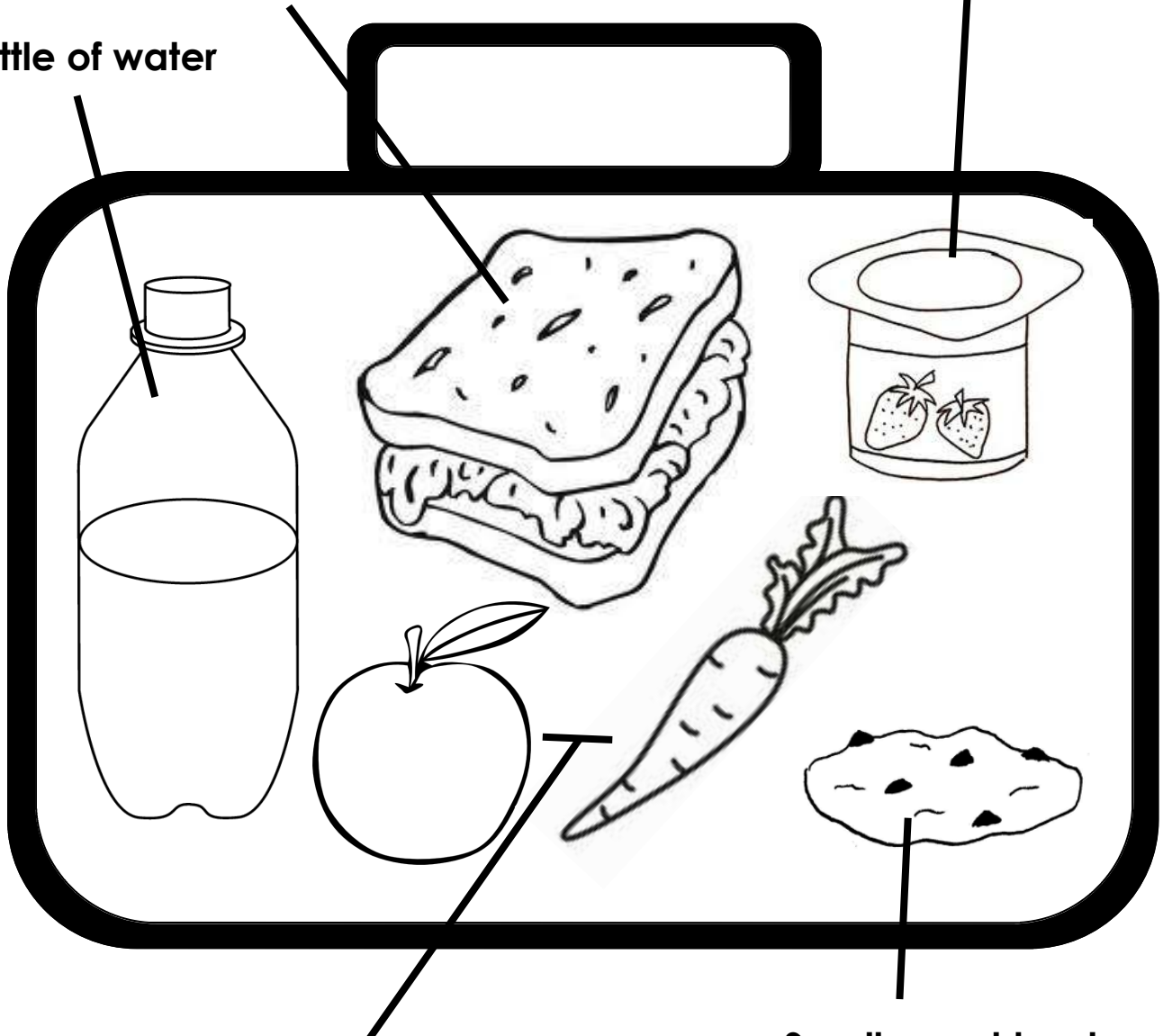
Example 1

Healthy sandwich

e.g. Cheese, Egg, Tuna, Salad, Meat, Marmite

Fruit yoghurt or yoghurt drink

Bottle of water



Piece of fruit or veg

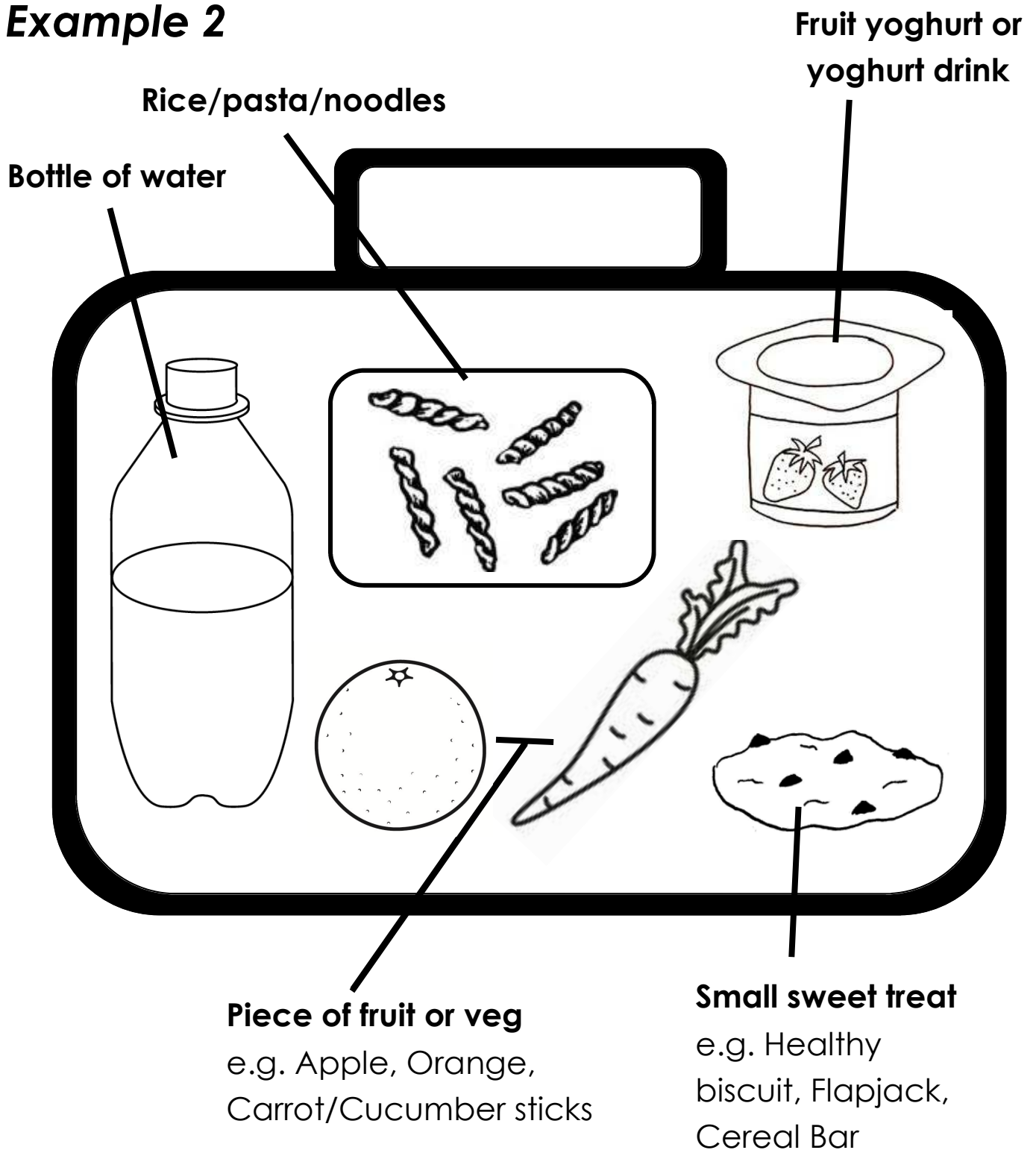
e.g. Apple, Orange, Carrot/Cucumber sticks

Small sweet treat

e.g. Healthy biscuit, Flapjack, Cereal Bar

Bankside is a Healthy School

Example 2



If you would like any further support on providing a healthy lifestyle for your family, please get in touch with school.