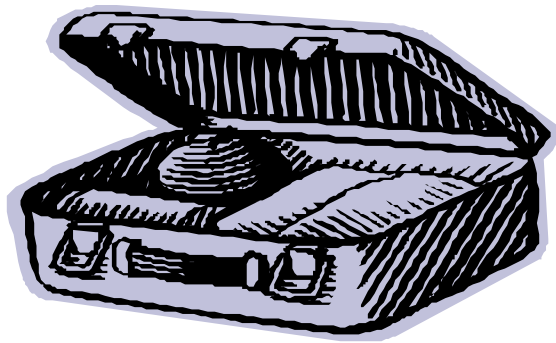


Please note all information is sourced from
Change 4 Life—www.nhschange4life

NHS Stockport.

www.stockport.nhs.uk/childrens-healthy-nutrition-and-obesity

Stockport MBC—Www.stockport.gov.uk



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Healthy Eating



Information Booklet

Healthy Eating

Children are what you feed them. Their tiny bodies are literally made from all the nutrients they receive from food. What children eat directly affects their growth, energy levels, mood and resistance to disease. The correct nutrients given now could help protect against possible future health complications.

The ideal lunch should contain :-

Protein

is essential for building, maintaining and repairing body tissue such as bones, cartilage, ligaments, teeth and nails.

Examples:- Cheese, eggs, yoghurts etc.

Carbohydrates

are the main source of energy and keeping warm. Complex carbohydrates such as breads, cereals, fruit snacks, potatoes, corn, peas, baked beans, rice etc. should make up 60% of your child's diet.

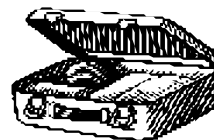
Fruit and vegetables provide many vital minerals and vitamins as well as valuable fibre.

Fruit and Vegetables

provide many vital minerals as well as valuable fibre.
eg:- carrot sticks, cherry tomatoes, cucumber batons, baby sweet corns etc.

Treats are ok in moderation but better saved for when children are at home.

Please remember we have no refrigeration for lunch boxes so please bear this in mind when you decide what to put into your child's packed lunch. Other ways to keep food cool could include frozen drinks, freeze blocks etc. and these would be thawed out by the time your child is ready to eat.



Food Allergies

Parents/carers of children with severe allergies want their children and the people responsible for their care to be aware of the risks of anaphylaxis or a life threatening allergic reaction.

A hypersensitive reaction towards food is usually a type 1 allergic reaction to something in the diet, which means the child's immune system produces a class of antibodies called IgE in response to a particular food.

At this time we are not aware of any children with an extreme allergic reaction but may need at some in the future to ask for your co-operation in minimising risks for such children, so for instance we may ask you as parents or carers to help us keep these children safe by being aware and sensitive as to what you put in your own child's lunchbox.

If you are in any way unsure ask a member of staff and they will be happy to explain in more detail.

Thank you for your co-operation.