

***School Parliament – Healthy Eating
Wellington Primary School is a Healthy School.***

All the children, from Yr R to Yr 6, thought very carefully, showing a great deal of knowledge about healthy eating, and have come up with this list of suggestions for break-time snacks:

Suggestions for healthy snacks (everyday):

***All fresh fruits / vegetables/ salads
Dried fruit
Yoghurt drinks
Cheese
Crackers, breadsticks and plain rice cakes
Fruit bar / fruit flakes
Home made popcorn
Small sandwich / roll / wrap
Hard boiled egg***

Suggestions for snacks (once or twice a week):

***Cereal bars
Cheese 'strings'
Cereal pieces
Yoghurts***

Snacks best left at home, to have as a treat:

***Sweets and chocolate
Cakes, muffins, jaffa cakes
Cookies, biscuits
Peperami and sausages
Crisps
Sausage rolls and Scotch eggs
Chicken pieces
Jelly / sugar free jelly***

Drinks

Children are encouraged to drink water in lessons, at break-time and with lunch