






**1 PORTION FROM EACH, OF THE FOLLOWING COLUMNS,
IN YOUR CHILD'S LUNCHBOX, CONSTITUTES A HEALTHY DIET**

STARCHY FOOD 	PROTEIN 	VEGETABLES 	FRUIT 	DAIRY 	MORNING SNACK In a named pot
BREADS: Whole grain Malted Rye Wheat Germ 50-50 Granary Naan Pitta Sticks Ciabatta French SALADS: Rice salads Pasta salads Potato salads Humus Bean salad NOODLES COUSCOUS PLAIN RICE CAKES CRISP BREADS	MEAT: Ham/Beef/Turkey Luncheon meat Sausage Roll Bacon Chicken slices Boneless chicken Pate Scotch eggs Sausages FISH: Salmon Tuna Mackerel Pilchards Sardines Pate Hummus EGGS QUORN SOYA:	STICKS: Celery Carrot Cucumber Courgette Sweet pepper RADISHES FLORETS OF CAULIFLOWER BABY SWEET CORN BEAN SPROUTS Peas Mange Tout Sugar Snaps Fresh peas Coleslaw Green salad Cress Tinned sweet corn	FRESH: Apple Banana Pineapple Grapes cut lengthways Kiwi Oranges Tangerine Satsuma Clementine Pear Plum Mango Cherry tomatoes cut in half Avocado Peach Nectarine TINNED FRUIT: (In juice, not syrup) JELLY WITH FRUIT DRIED FRUIT	CHEESE: Sticks Strings Spreads Chunks FRUIT YOGHURT in a pot FROMAGE FRAIS RICE PUDDING CUSTARD SOYA MILK RICE MILK TOFU	Fresh fruit or Vegetables Scones Plain popcorn Flap-jacks Fruit loaf Oat bar Fruity bakes Yoghurt covered fruit Soreen loaf Plain, yoghurt or fruit Rice cake Bread sticks Cheese Cream crackers Crispbread

From the UK Food Standards Agency

NO NUT OR NUT PRODUCTS AT THE BEEHIVE - These can be life threatening to some children.

IMPORTANT NOTICE

PLEASE TAKE A MOMENT TO READ THE ATTACHED

OUR AIM AT THE BEEHIVE IS TO RAISE AWARENESS OF THE IMPORTANCE OF GOOD NUTRITION FOR OUR CHILDREN AGED BETWEEN 2-5 YEARS. TO ALLIEVIATE SOME HEALTH AND CONCENTRATION ISSUES AND ALLOW THE CHILDREN TO DEVELOP THEIR OWN HEALTHY FOOD CHOICES.

At the Beehive we understand how difficult it can be, to find time to make your child's packed lunch, let alone, get your child to eat a nutritional and varied diet. All children inevitably succumb at some point in their lives to 'Peer Pressure', as to what is 'Delicious' and what fashion dictates to be 'Disgusting'. At Pre-school we can use this to our 'advantage.' with the help of you, our parents. They see what their friends are eating and become curious if someone eats something different to them, or has something prepared or served in an attractive way, especially, if that child seems to be enjoying it.

'Young children can change from day-to-day when it comes to their likes and dislikes and what they will or will not eat.' (Practical Preschool May 2011 pg 17). We also understand this may take a while for them to adapt to new food. We will make every effort to make lunchtime an enjoyable and sociable experience.

We have devised a chart taken from the guidelines from the UK Food Standards Agency, to help you encourage your child to have a balanced diet for their lunch. By adding some food from each group will allow them to have the correct nutrition to grow, repair, develop and maintain a healthy body and mind.

The last column is optional and is considered not necessary. The guidelines state, these should be given as treats, and not included as part of a meal. If you choose to include an item from this list, please ensure it is of appropriate size, i.e. bite or fun size. Research shows the increase in Obesity, Liver damage and Type 2 Diabetes, all are attributed to an unbalanced diet.

We ask you to include a water bottle for your child, but only containing water, not squash, juice or fizzy drinks. This will be available to them throughout the session. Milk will also be available at lunch time and throughout the session.

THANK YOU FOR YOUR COOPERATION.