



STOCKPORT
METROPOLITAN BOROUGH COUNCIL



Front cover by competition winner: Bethany Cashmore-Tranter.

Hi! My name's LB, and I'm going to show you how to make your lunchbox tasty and healthy!



The Eatwell Plate



This shows us how much of each food group we should eat for a healthy, balanced diet.



Fruit and Vegetables

Fresh, frozen or canned fruit and vegetables, dried fruit, fruit juice, pulses (e.g. beans, peas, chickpeas and lentils).

Why do we eat them?

Eating plenty of fruit and vegetables helps to keep your body healthy and fight infections. These foods include lots of vitamins, minerals and some fibre.

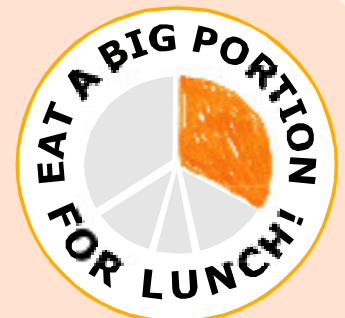


Bread, other Cereals and Potatoes

All sorts of bread, chappatis, potatoes, yam, sweet potatoes, breakfast cereals, pasta, rice and noodles. These are known as starchy foods.

Why do we eat them?

Starchy foods give you energy. Wholegrain types also contain fibre, which keeps your digestive system healthy.

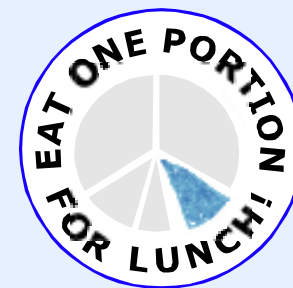


Milk and Dairy Foods

This includes: milk, cheese, yoghurt and fromage frais.

Why do we eat them?

They contain protein, minerals including calcium and lots of vitamins. They help keep your bones and teeth strong and healthy.

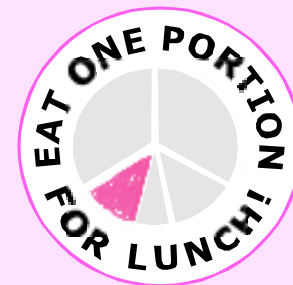


Meat, Fish, Eggs, Beans and other Non-Dairy sources of protein

This includes: red meat (e.g. lamb, beef, pork), poultry (e.g. chicken and turkey), fish (e.g. tinned or fresh tuna and mackerel) eggs, nuts, pulses (e.g. peas, chickpeas, beans and lentils). N.B. Pulses such as beans and lentils can count once a day either as vegetables or protein.

Why do we eat them?

These are protein foods which help the body grow and repair itself. These foods also contain important vitamins and minerals.



Foods and Drinks containing Sugar and Fat

These should be used in small amounts: butter, margarine, low-fat spreads, cooking oil, mayonnaise and oily salad dressings. Chocolate, sweets, crisps and sugary drinks are no longer served in schools at lunchtime, and are best avoided.

Try to choose biscuits and cakes such as raisin bran muffins and fruity flapjacks with dried fruits such as apricots, raisins or dates, which contain wholegrains and fruit, so have more nutritional value.

Look for these symbols on each page.

They will tell you which of the 5 food groups are in each food.

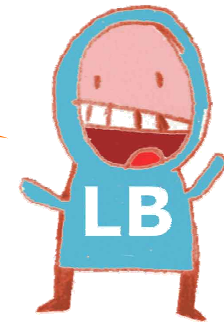


Drinks

It is very important to drink enough throughout the school day. Fresh water is freely available in all Stockport schools. If children don't drink enough they can get dehydrated. This can make it more difficult to concentrate in class. It's especially important to drink more if the weather's hot, or you've been doing a lot of physical activity.

Between meals, milk and water are best for healthy teeth and bodies, as other drinks (even fruit juices and sugar free drinks) can harm our teeth.

Here are some ideas for healthy lunchtime drinks!



Fruit Juices

There are many different fruit juices available. Make sure the one you choose says '100% Fruit Juice' on the label. The best way to serve it is diluted half and half with water, in your own drinks bottle. This minimises damage to teeth from fruit sugars, but still counts as one of a child's 5 a day. It's really thirst-quenching and costs a lot less than individual cartons or bottles.

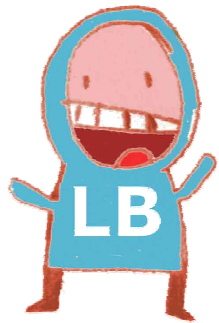


Water

A great drink that's freely available at school throughout the day.

Try to avoid very sweet and fizzy drinks, as these (even sugar-free and 'diet') can damage teeth and encourage a sweet tooth. They also fill up small tummies quickly, so can dull the appetite.

Choose one of the drinks shown for your lunchbox every day. Watch out for our Healthy Drink logo on every page to remind you!



Milk

This can be bought in individual cartons, or just fill a small water bottle.

Smoothies

There are lots of ready-made smoothies available in supermarkets. Most of these are great, but can be expensive. Why not make your own? Add your favourite soft fruit (tinned in fruit juice or fresh) to either fruit juice or milk, and mix with a hand blender, liquidizer, or smoothie maker. Makes a great breakfast too!



Yoghurt Drinks

These are another tasty way of keeping bones and teeth strong. You can make your own at home (add to a smoothie), or buy them ready-made. Watch out for some shop-bought recipes, as these can contain a lot of added sugar.



Monday



A pear



An egg mayonnaise sandwich



Your lunchbox needs to be kept cool until eaten. Add a small ice pack, or freeze your drink overnight and pop it in your lunchbox. It will keep your food cool, and be ready to drink at lunchtime.



Flapjack



A piece of edam cheese



Four cherry tomatoes



Tuesday

Always check the 'use by' and 'best before' dates on foods to make sure they're fresh.

A handful of grapes



A low fat yoghurt



A bran muffin



A spicy bean wrap with grated cheese and salad

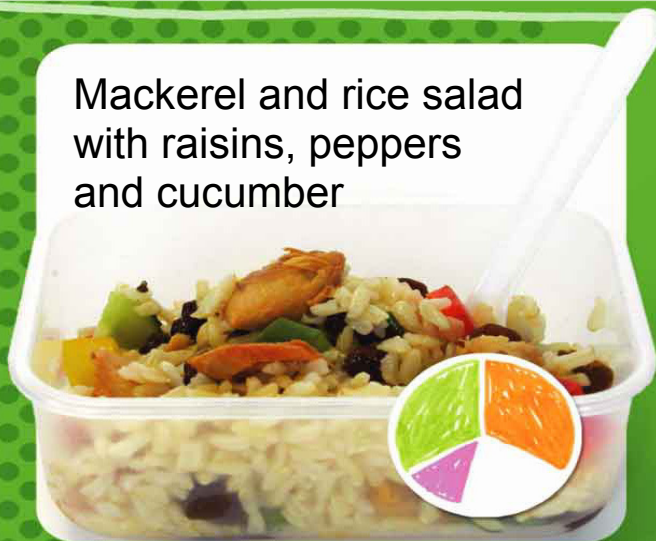


Wednesday

A yoghurt drink



Mackerel and rice salad with raisins, peppers and cucumber



Eat a Rainbow!

Eating fruits and vegetables of different colours will help to give your body all the different nutrients it needs.



A satsuma



A piece of swiss roll



Thursday

Dried apricots



Make your lunch the evening before to save time, but always keep it in the fridge overnight.



A toasted muffin with grated cheese, ham and tomato



Dried fruit like raisins or dried apricots are best kept to mealtimes to keep your teeth healthy.



A pot of fruit in fruit juice



Malt loaf



Friday

Carrot sticks



A banana



A piece of edam cheese



Make sure the place for storing lunchboxes at school is well away from radiators and heaters and out of the sun



Ginger cake



Pasta salad with tuna, tomato, peppers and cucumbers



Or you could try this

Lentil dhal



Lassi

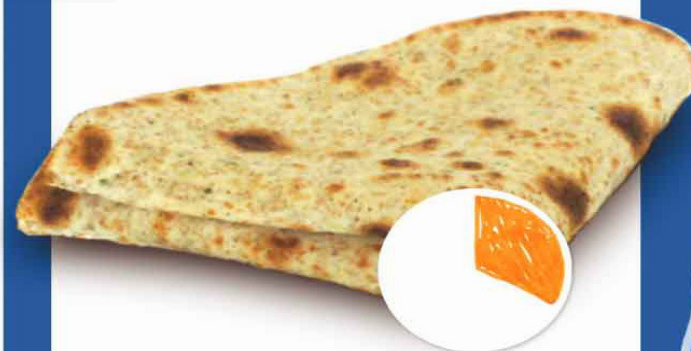


Keep your lunch in a clean plastic box and wash in hot soapy water.

Rice pudding with sliced peach



A chapatti



Contact the Stockport Healthy Schools Team:

Stockport PSHE Services Tel: 0161 218 1780

Useful websites

www.schoolfoodtrust.org.uk

The School Food Trust was established by the Department for Education and Skills in September 2005. Its remit is to transform school food and food skills, promote the education and health of children and young people and improve the quality of food in schools.

www.wateriscoolinschool.org.uk

The Water is Cool in School Campaign aims to improve the quality of provision and access to fresh drinking water for children in UK primary and secondary schools.

www.healthyliving.gov.uk/healthyeating

This is a Scottish website containing lunchbox recipe ideas for both adults and children. Simply click on the left, 'lunchbox ideas'.

www.bbc.co.uk/food

Type 'children's lunchboxes' into the search bar on the top right to see lunchbox ideas from Annabel Karmel.

www.nhs.uk/change4life

Recipes, games, advice and terrific tools. We've got so many fun and easy ways to get the whole family eating well and moving more.

www.smallsteps4life.direct.gov.uk

www.5aday.nhs.uk

www.eatwell.gov.uk

A free interpreting service is available if you need help with this information. Please telephone Stockport Interpreting Unit on 0161 477 9000. Email: eds.admin@stockport.gov.uk

如果你需要他人為你解釋這份資料的內容，我們可以提供免費的傳譯服務，請致電 0161 477 9000 史托波特傳譯部。

W przypadku gdybyś potrzebował pomocy odnośnie tej informacji, dostępne są usługi tłumaczeniowe. Prosimy dzwonić do Interpreting Unit pod numer 0161 477 9000.

যদি এই খবরগুলি সম্পর্কে আপনার কোন সাহায্য দরকার হয় তবে বিনা খরচে আপনার জন্য দোত্বীর্ণ ব্যবস্থা করা হতে পারে। মেহেরবানী করে স্টকপোর্ট ইন্টারপ্রিটিং ইউনিটে ফোন করুন টেলিফোন নম্বর, 0161 477 9000.

اگر آپ کو ان معلومات کے بارے میں مدد کی ضرورت ہے تو مفت ترجمانی کی سروس دستیاب ہے۔ براہ مہربانی انٹر پرائیٹنگ یونٹ کو فون کریں۔
0161 477 9000

خدمات ترجمہ رایگان این اطلاعات در صورت نیاز موجود میباشد۔ لطفاً با شماره تلفن 0161 477 9000 با واحد ترجمہ (اینترپرائیٹنگ یونیت) ما تماس بگیرید۔

تنوفر خدمت ترجمہ شفویة اذا تطلبت مساعدة في فهم هذا المعلومات۔ نرجو الاتصال اربن رینیول علی رقم الهاتف: 0161 477 9000

If you would like this information in large print, on audio tape, in Braille or on disk, please contact us on 0161 474 3814 for a copy.



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NHS

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My Healthy Lunch Box
Updated September 2010 LG PSHE Services v5