

# CHILDREN'S FOOD TRUST

Eat Better Do Better

As your child starts school there are lots of decisions you will have to make. One of the most important is what they will eat at lunch times. Why should you opt for a school meal? Here are some of the main reasons:

- Your child's school meal will be nutritionally balanced to give the right amount of nutrients essential to support healthy growth.
- Children Young People & Children Catering Service provide school meals that meet the governments food group and nutrient standards, ensuring meals are low in fat, salt and sugar and high in fibre.
- School Meals develop children's social skills and help your child to learn about using cutlery properly and safely.
- Your child will develop their social skills whilst eating with others.
- It can be difficult to get children to try new foods. At school we let them try small portions of food to see if they like it and if so they can have more.
- Teaching and supervisory staff are on hand to encourage children to eat up their lunch.
- Catering staff quickly learn what children like and they will ensure that no child goes hungry.
- A balanced lunch is the best way of ensuring children are attentive and in the best frame of mind to learn in afternoon.
- We encourage all of our children to eat properly with a knife and fork and with their mouths closed; also to be respectful of food and dining together in the School Hall.