

# Healthy Eating



Healthy Foods

The Healthy Eating team are happy with some of the foods being where they are in the list .  
But we are not happy with only 2 people having vegetables in their lunchboxes.

### Most popular foods

- 1.Sandwiches
- 2.Fruit
- 3.Crisps
- 4.Chocolate bar/fruit juice
- 5.Yogurt/cheese
- 6.Biscuits
- 7.Cakes
- 8,Meat
- 9.Cereal bar
- 10.Fruit bar
- 11.Crackers/Sausage rolls
12. Vegetables

### Happy with

- 1.Sandwiches
- 2.Fruit & vegetables
- 3.Yogurt/cheese
- 4.Cereal/fruit bars
- 5.Meat
- 6.Crackers/sausage rolls
- 7.Fruit juice

### Unhappy with

- 1.Cakes
- 2.Biscuits
- 3.Crisps
- 4.Chocolate bars

These are the things that we are happy with:  
Sandwiches, fruit, fruit juice, yogurt/cheese, meat,  
cereal bars, fruit bars, crackers/sausage rolls.



The team are not happy with these items in lunch boxes:  
Crisps, biscuits, cakes.

This does not mean you are not allowed them.



Please put more fruit and vegetables  
in our lunch boxes.



# Things we want to make happen

- We should only have:
- 2 packets of crisps a week .
- 2 chocolate bars a week.
- 2/3 fruit and vegetables in school time.
- 1/2 piece of cake a week.
- Make sure you have a drink in your lunch box, for energy.

# Questions



**THE END**



**THANKS FOR WATCHING**