



At Wootton Park we believe...

**“Wellbeing...
is a powerful tool to *grow our own capabilities, independence, resilience and
realise our own richest potential.*”**
**“We strive to ... *solve our own problems, generate our own opportunities and
equip ourselves to thrive in our future.*”**



Healthy Eating

Eating Healthy

Primary school age learners will eat mostly what's available at home. Make it easy for kids to choose healthy snacks by keeping fruits and vegetables on hand and ready to eat. Other good snacks include low-fat yoghurt, peanut butter and celery, or whole-grain crackers and cheese.

Carbohydrates

Children need a source of carbohydrates in each meal. Wholegrains include wholemeal or wholegrain breads or crispbreads, dark 'seedy' breads, wholegrain breakfast cereals, puffed whole grains, pasta, quinoa, couscous and popcorn.



Milk and Dairy

Dairy foods including semi-skimmed milk, yoghurt and cheese are a useful source of calcium. Processed yoghurts are often packed with sugar, colourings and sweeteners, so steer clear of the flavoured ones. Instead, choose natural yoghurt and add your own natural flavourings such as fruit compote, stewed fruit or fresh fruit.



Make Food Fun

There are many ways to get your child interested in eating the right foods and trying new things.

Let the children be in charge.

Cooking together is a great opportunity to help children feel capable and knowledgeable.

Get together. Eating together regularly can really influence your child's eating habits.

Talk about textures.

Choose your own culinary adventure.

Make the food fun



Protein

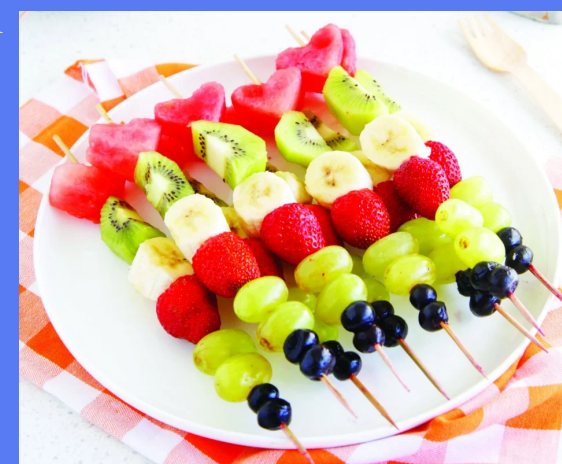
Animal proteins such as lean meat, fish, eggs, milk, yoghurt and cheese contain all nine essential amino acids and are considered the most valuable for growth. Aim to include fish at least once a week. Fresh or frozen are great, but remember that smoked and canned products tend to be higher in salt.



Fruit and Veg

We should aim for five portions of fruit and vegetables. The portion size depends on their age, size and physical activity. An easy guide is that a portion of fruit or veg is the amount that fits in the palm of your child's hand.

Make it more fun for you and your child and make 'kebab fruit sticks' together. It can have your favourite fruits and a small pot of melted chocolate to dip the fruit in.



Fats and Sugar

While children need some fat to grow and develop, too much of any sort of fat is not recommended. Soft drinks, sweets, confectionery, biscuits, sugary pastries and desserts are high in added sugars and often contain poor quality fats, as well as salt. Children should only eat these foods in small portions.



For more wellbeing tips and advice follow us at Wootton Park Wellbeing on Instagram.

Or to speak to a member of the wellbeing team, go to

www.schoolinterviews.co.uk and enter code bky83 to book a call.