

What should be in your child's lunchbox?

A balanced lunchbox should include the following:

- Starchy carbohydrate, such as pasta, potatoes, rice and bread
- Protein, such as meat, fish, beans
- Dairy item
- Vegetables or Salad and a piece of Fruit

Ideas for your child's lunchbox

- ◆ Ham, Cheese or Tuna in a Bagel, Pitta, Wrap or Muffin (introduce wholemeal slowly as too much can inhibit absorption of minerals until the age of 5.)
- ◆ Fromage Frais or Yogurt
- ◆ Grapes or Banana
- ◆ Homemade Popcorn

DON'T BE SILLY-USE AN ICE-PACK TO KEEP IT CHILLY!

Lunches remain at fridge temperature providing you use an ice pack.

We do not refrigerate the lunch boxes

Helpful websites:

www.bbc.co.uk/health

www.schoolfoodtrust.org.uk/schools/projects/packed-lunches/packed-lunch-ideas

www.nhs.uk/change4life/pages/healthy-lunchbox-ideas.aspx

At Trinket Box, due to allergies, we ask you to refrain from having foods containing: SHELLFISH, STRAWBERRIES, NUTS OR EGG.

THE TRINKET BOX PRE SCHOOL LTD

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THE TRINKET BOX
PRE SCHOOL LTD

Is your child eating a healthy balanced diet?



What are the benefits of healthy eating?

There is a growing concern for children becoming obese, which can lead to life threatening diseases such as cancer, type 2 diabetes and heart disease. Iron deficiency is common in toddlers and pre schoolers, this can be found in meat, dark green vegetables, some dairy produce and also in some dried fruit. Vitamin C can help with the absorption of iron. Calcium is needed for bones and teeth growth, Vitamin A for healthy skin and cell development, Vitamin C for the immune system and growth, and Vitamin D for the calcium metabolism. It can be produced when the skin is exposed to sunlight.

What are your child's nutritional needs?

A child needs to have the following each day in order to have a healthy balance diet:

- Approx. 1 pint of milk (semi-skimmed after the age of 2), this can include cheese, yogurt, fromage frais.
- 1 or 2 portions of fish/meat/eggs/beans/pulses
- At least 1 starchy carbohydrate with each meal
- Limited fatty and sugary foods, such as cakes, biscuits, sweets
- 5-a-day, fruit and vegetables

Children should have 3 regular meals and 2 snacks each day
A portion size is dependable on the size of the child, it is usually the size of their clenched fist. This is the same principle for older children and adults.

Water — why is it important?

Water is essential for physical growth, learning and concentration levels. Just a 2% drop in hydration can cause a 20% reduction in your child's performance in physical, mental and cognitive activities, this is due to the brain consisting of 75% water. Thirst mechanisms are immature in children and usually only come into effect when dehydration is already happening. Therefore, giving your child water, a little and often, will keep them hydrated.

Drinking patterns are established in childhood for adulthood so encouraging your child to drink water instead of sugary drinks will help them later on in life. Dental decay is due to the consumption of sugary foods and drinks, alongside poor oral hygiene, which is why water is best!

At Trinket Box, children have access to water at all times.