

Polasaithe Naíonra Céimeanna Beaga

Polasaí 32: Polasaí Bia Sláintúil / Healthy Eating



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1. Polasaí Bia Sláintiúil:

Is ócáid speisialta am bia sa Naíonra le caidreamh sóisialta a chothú idir páistí agus an fhoireann. Moltar bia folláin a chur sa bhosca lóin. Beidh meas ar aon riachtanais bhia nó toil an tuismitheora. Iarrtar ar thuismitheoirí teorainn a chur le sóláistí mar mhilseáin, crisps, guma coganta, cnónna, milseoga agus deochanna coipeach (fizzy drinks). Is fearr gan phís thalún (peanuts) a chur sa bhosca lóin, mar amanna bíonn ailléirge ar pháiste don ábhar sin, d'fhéadfadh páiste píosa lóin a roinnt lena chairde. Má tá aon ailléirge ar do pháiste ba chóir é a chur ar an bhfoirm iontrála. Do lón beag, is fearr mar shampla, píosa torthaí, glasraí, ceapairí, craicir, iógairt, uisce, sú nó bainne i mbosca lóin beag le hainm an pháiste air go soiléir.

2. Health Eating

The UN Convention on the Rights of the Child (1991) states:

“Children have the right to be as healthy as possible, live and play in a safe, healthy, unpolluted environment and benefit from preventive health care and education”.

Lunch time is a special time in the Naíonra which encourages socialisation between children and staff. We encourage foods such as fruit, vegetables, yogurt, sandwiches and cheese. Drinks may be water, milk and fruit drinks. We discourage sweets, chocolate, fizzy drinks and popcorn. We request that peanuts should not be given to your child, as this could prove problematic for other children who may have allergies. If your child has any allergies please specify it on the enrolment form. An example of a typical lunch would be a piece of fruit or vegetable. This small lunch should be placed in a lunch box with your child's name clearly

marked on it and could include a sandwiches or crackers, one yogurt, and a drink, preferably water, milk or juice.

Children are always supervised when eating and drinking snacks or meals:

- Children bring in own healthy Lunch.
- Snack time will be enjoyed and socialisation and interaction encouraged.
- Children with allergies and special diets will be carefully supervised.
- We do not allow fizzy drinks, sweets, chocolate, crisps, popcorn, nuts or nut spreads.
- Some children are allergic to peanuts/nuts. We request that parents/guardians do not include these in their child's snack.
- Children will be encouraged to help tidy up after snack time.
- Cultural and religious dietary habits are respected. Parents/guardians or carers are requested to provide details of foods eaten (and not eaten) by the child.
- Healthy eating is promoted through an arrangement of activities for the children including play, stories, music, outings, cookery etc.
- Drinking water and small snacks are available throughout the day.
- Meal times are used as an opportunity to encourage good social habits.
 - Whenever possible children and adults eat together.
 - Good table manners will be encouraged
 - Children will also be engaged in conversation if they wish
 - Children that are slow eaters will be given time to eat and not rushed
- Children will be encouraged to sit down when eating and/or drinking.