HEALTHY LUNCHES AND SNACKS

A healthy, balanced diet and regular physical activity are essential for children's health and well-being. Research confirms that healthy eating habits in the years before school are very important because they influence growth, development and academic achievement in later life.

Good nutrition is important for children aged under five to:

• ensure that they get the right amount of energy (calories) and nutrients needed while they are growing rapidly

• ensure that they do not consume too much energy (calories), which may lead to children becoming overweight or obese

• encourage them to eat a wide variety of foods and develop good dietary habits to take with them into later childhood and beyond.

A healthy balanced diet for children aged one to five years is based on the four food groups listed below, which provide a range of essential nutrients that children need to grow and develop.

Starchy foods
Fruit and vegetables
Meat, fish, eggs, beans and other non-dairy sources of protein
Milk and dairy foods

One of the basic principles of healthy eating is variety, as eating a wider range of different foods provides a better balance of nutrients. Planning meals and snacks to include a variety of food and drinks from these four food groups each day will provide children with the good balance of nutrients they need.

HEALTHY PACKED LUNCHES

We believe it is essential for children's learning, happiness and wellbeing that they have a balanced and nutritious meal at lunchtimes. There is a legal requirement for school meals to meet healthy food standards.

A balanced packed lunch should contain:

- Starchy foods. These include bread, rice, potatoes and pasta.
- Protein foods. These include meat, fish and eggs.
- A dairy product. This could be cheese or yogurt.
- Vegetables or salad, and a portion of fruit.
- Water only

We believe a small treat is also acceptable.

Tiny tigers is a nut free preschool.

You can find useful hints and tips on.

https://www.nhs.uk › healthier-families › recipes › healthier-lunchboxes

Snack at Tiny Tigers

At Tiny Tigers we provide children with a healthy snack which always consists of a piece of fruit or vegetable jalong with either one of the following, breadsticks and cream cheese, cheerios, toast, fruit bread, yoghurt, carrots, cucumber, hummus, crackers, brioche. Children have the opportunity to help prepare our daily snack and always serve themselves.