



Eating Well, Staying Well



Balanced Diets

are important so your body and brain are at their best



Good habits

like drinking lots of water, getting enough sleep, getting enough sunlight and eating well, impact your long term physical and mental health



Too much sugar

can damage your teeth. Sugar can be a quick energy boost but your body burns it quickly and after that you can feel sleepy and find it harder to focus. Too much sugar can also damage your body over a long period of time.

Top tips for snacks and lunch boxes

include fruit based snacks as a sweet treat



ensure there is some slow release energy with a pasta pot, sandwich or wrap (jam and chocolate fillings give you a short burst of energy, cheese or meat help you stay energised for longer)

include a water based drink



This is the Eatwell plate, it shows the proportions we need in our meals to stay healthy, to have the energy to be active and focused, and to be able to be our best selves!

This is what we need in our lunch boxes and what we get in our school dinners.

Living in Solidarity with others means thinking about how we use the resources we have. Food waste is a huge issue in the UK, and we know there are many people here and abroad who do not have access to the food they need. We are called to think carefully about those people when we make food choices for ourselves.