

The Glenleighden School Healthy Eating Guide

Schools have an important role in promoting healthy eating and physical activity in students and providing an environment that supports a healthy lifestyle. Meal times are an important and integral part of everyday life, including the daily program at The Glenleighden School. Each child has different energy requirements based on gender, age and activity level, especially as a healthy diet can improve behaviours critical to educational success and performance at school. Effective school-based nutrition and health interventions can also help improve academic performance.

Many children with Primary Language Disorder present with mealtime difficulties. These can be related to:

- Poor mealtime behaviours and eating skills
- Anxiety regarding new or unfamiliar foods
- Difficulties with texture management
- Limited dietary intake, growth and nutrition
- Restricted and imbalanced diet

Our aim at The Glenleighden School is to:

- Promote healthy living, including maintenance of an appropriate weight range
- Prevent and/or stabilise medical conditions in conjunction with medical teams and professionals
- Provide students with a variety of experiences (e.g. tastes and textures) to assist them to interact successfully with and enjoy their world
- Provide students with the optimum chance for success in their learning

Families at The Glenleighden School support their children by:

- Providing morning tea and lunch each day at school that follow the guidelines below
- Labelling belongings (e.g. water bottle, lunchbox)
- Including utensils as necessary
- Encouraging students to assist or prepare their own food and drink
- Providing water as the preferred drink at school
- Limiting fruit juices and flavoured milk to Fun Food Friday and other special events
- **Ensuring information about food allergies or intolerances is promptly passed on to administration.**

Staff at The Glenleighden School support the students by:

- Ensuring a high level of supervision during all mealtimes
- Providing individual mealtime support as required
- Expecting students to eat most or all the morning tea and lunch provided
- Encouraging students to try new and unfamiliar foods
- Removing food items not allowed at school from student's lunchboxes and returning them to parents with a note reminding them of the school's food policy
- Ensuring students take home all uneaten food so that the parents are aware of what has been eaten during the day. Parents can then gauge the child's interest or adjust the portion size (please refer Appendix B and the recommended daily servings for children and young people www.eatforhealth.gov.au)
- Encouraging students to drink water regularly throughout the school day.

"Smart Choices – The Healthy Food and Drink Supply Strategy for Queensland Schools" (<http://education.qld.gov.au/schools/healthy/food-drink-strategy.html>) is a resource provided by the Queensland Government to assist families with accessing current advice. This is based on the Australian Dietary Guidelines regarding the amount and kinds of foods that we need to eat for optimal health and wellbeing. Food and drink have been classified into three categories according to their nutritional value: **GREEN** (have plenty), **AMBER** (select carefully) and **RED** (occasional).

Research at The Glenleighden School is currently investigating the mealtime needs of children with Primary Language Disorder. From current evidence and information collated to date, there have been some modifications to the Queensland Government's classification of foods and drinks to best suit the student population at The Glenleighden School, as outlined in Appendix A below. If you have concerns regarding your child's mealtime needs, please refer to your Level Coordinator. Specific mealtime therapy and support is available through the "Food School" program, which is run by qualified staff.

Appendix A – “Traffic Light” classification of food and drink at The Glenleighden School

<u>GREEN</u> Have Plenty	<u>AMBER</u> Only bring in 1-2 times a week	<u>RED</u> Not recommended for school
<p>Breads and alternatives (wholemeal or wholegrain preferred)</p> <ul style="list-style-type: none"> - Rice and corn cakes - Tortillas - Pita bread <p>Rice and noodles</p> <p>Cereals (low sugar)</p> <p>Popcorn (air-popped)</p> <p>Fruits (if tinned, in natural juices preferred)</p> <p>Vegetables and salads</p> <p>Legumes (hommus, baked beans)</p> <p>Dairy products (reduced fat)</p> <ul style="list-style-type: none"> - Yoghurt in tubs (not dessert yoghurt or squeeze types) - Cheese - Unflavoured milk <p>Meat, fish and poultry</p> <ul style="list-style-type: none"> - Beef - Lamb - Pork - Tuna - Salmon - Chicken - Turkey <p>Eggs</p>	<p>Bread and alternatives</p> <ul style="list-style-type: none"> - Pikelets - Fruit bread and toast - Shredded wheatmeal/milk arrowroot biscuits <p>Snack food bars</p> <ul style="list-style-type: none"> - Cereal bars - Muesli bars <p>Meat, fish and poultry</p> <ul style="list-style-type: none"> - Sausages - Meat balls - Crumbed chicken or fish - Chicken roll - Deli meats <p>Spreads (vegemite, honey)</p>	<p>Bread and alternatives</p> <ul style="list-style-type: none"> - Cakes (except for special occasions, i.e. birthdays) - Muffins and doughnuts - Croissants - Pies & sausage rolls - Iced or cream-filled buns - Sweet biscuits and pastries - Slices <p>Dairy products</p> <ul style="list-style-type: none"> - Flavoured milk (except FFF) - Dessert and frozen yoghurt - Ice cream <p>Lollies and chocolate</p> <p>Drinks</p> <ul style="list-style-type: none"> - Energy and sports drinks - Soft drink and flavoured mineral water - Fruit juice (except FFF) and cordial <p>Snacks</p> <ul style="list-style-type: none"> - Chips and crisps - Popcorn (flavoured) - Savoury biscuits (eg. Shapes) - Snack food bars – fruit bars and rollups - Overly processed “health snacks” and cereals <p>Spreads (chocolate, jam)</p> <p>Take-away or fast food</p> <p>Nuts and nut products</p>

Appendix B - Approximate average proportion of food groups served in a healthy lunch box

1 bottle water	Dairy (1 serve)		
Fruit (1 serve)	Meat/meat alternative (1 serve)	Vegetables (2 serves)	Bread/rice/pasta (2 serves)

Some example lunch box ideas

