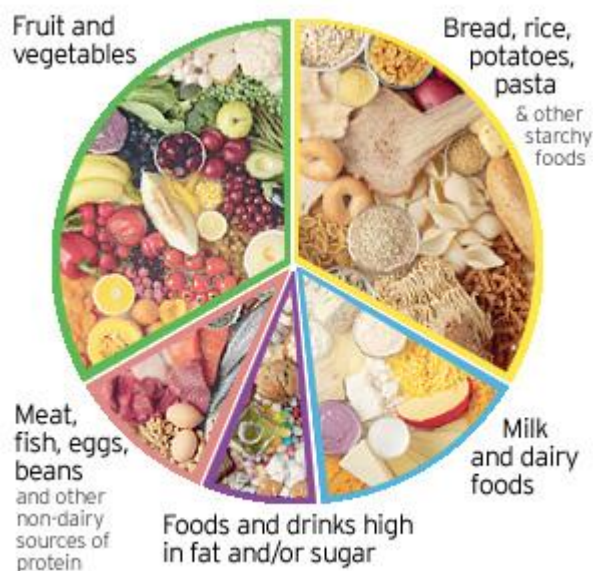


Research by the School Food Trust

[www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk), shows that eating a healthy school lunch can positively affect children's behaviour in the classroom. As you will be aware there is increasing concern about rising rates of obesity and health-related problems in children. As a school, it is part of our responsibility to help children learn how to eat healthily and offer a healthy, balanced school meal for those children that experience school dinners on a daily or day-to-day basis. The following information gives guidance for parents at home to provide a healthy, balanced packed lunch for their child.



The **eatwell plate** shows how different food groups should be balanced to provide a healthy nutritious lunch

[www.eatwell.gov.uk/healthydiet/eatwellplate/](http://www.eatwell.gov.uk/healthydiet/eatwellplate/)