**Healthy Eating Initiative**

A healthy eating initiative for pupils is implemented in Scoil Phádraig on an annual basis. This initiative is implemented in conjunction with the SPHE Curriculum.

The current SPHE curriculum refers to healthy eating under the strand of **Myself** with specific emphasis being placed on the issue under the strand unit of **Taking Care of My Body**.

**Food and Nutrition**

The children should be enabled to

* Become aware of the importance of food for growth and development *(food provides energy for work and play, food helps to protect against illness, food helps us to grow).*
* Explore food preferences and their role in a balanced diet (*treats, snacks, fruit, and vegetables, foods that are unhealthy for some people and not for others).*
* Explore the importance of food for promoting growth, keeping healthy and providing energy
* Appreciate that balance, regularity and moderation are necessary in the diet (*the food pyramid, the need for a balanced diet, the importance of having an appropriate intake of liquids, food that is unhealthy for some people and not for others*
* Differentiate between a healthy and an unhealthy diet and appreciate *(the role of balance and moderation. (Identifying the nutrients that are necessary in a balanced diet. Exploring how diet promotes growth, performance and development)*

The healthy eating initiative will be used as a valuable teaching and referral resource for staff and will be monitored by individual class teachers on a regular basis.

It will be solely the responsibility of the parent to furnish their child’s lunchbox with food they feel is appropriate for their child. It is recommended that the healthy eating initiative is considered when making lunch selections.