

HEALTHY EATING POLICY

In every teenage boy's school timetable, the words "break time" and "lunch" are always on their minds because as every parent and teacher knows, the hunger of a middle and high schooler is a subject unto itself. Therefore, we, at our College, think of lunch time as an important meal throughout the school day. It should therefore provide one third of the student's daily allowance of nutrients without being high in fat, sugar and salt together with providing a dietary fibre.

We are all aware that teenage years are when kids start to exert more control over what they eat, which makes guiding them towards the right choices all the more difficult. It is worth reminding your teenage boys that eating well not only helps them to perform at their best, but it's key for looking and feeling fabulous. Hence, the key to carrying lunch to school for a teenage boy is to keep him energised throughout the day.

Encourage older boys to eat a balanced lunch full of vital vitamins and minerals - essential for looking and feeling great...

This is the slogan we have selected as a College for our scholastic year of 2020/ 2021.

In our College, students eat twice a day. We encourage parents and guardians to prepare enough lunch for **both** breaks...a small portion for the small break and a larger one for mid- day break. Water is also a very important part of lunch and a balanced well nutritional diet. Please provide your children with lots of plain water to keep them hydrated throughout their school day.

Below is an optional list which may be provided to your son as lunch:

1. Fresh salads with pasta or rice or couscous and plenty of fresh raw vegetables.
2. Brown bread rolls with lettuce, ham, cheese or simply tuna or smoked salmon
3. Whole meal pitta bread or wraps with any filling of your choice (steamed vegetables or a mix of raw vegetables can also be added)
4. Fresh fruit or fruit salad
5. Fruit yoghurt (chocolate yogurt is not allowed)- this can be added to a bowl of whole grain cereal
6. Home-made cereal bars which are healthy and have a controlled sugar content
7. Whole wheat crackers
8. Dried fruits as a healthy snack.

The College is aware of the possibility of food allergies within the school population, nut allergies in particular. We strongly suggest that students with allergies inform us on the matter. Other parents are asked not to send any lunches which may cause allergies such as nuts to help us safeguard the well-being of all students.

What should not be given as lunch?

- Peanuts and peanut butter (due to allergies)
- Crisps or other packets
- Chocolates/ cakes/ doughnuts/ pasties
- Sweet, gummies, gum, lollipops
- Fizzy drinks/ energy drinks/ juices
- Milk

Presently in Emanuel Drive students can find the canteen/tuck shop to assist with this Healthy Eating Programme we are encouraging. Food options available at the tuck shop are all in compliance with the Healthy Eating Policies set up for students in schools around the Maltese Island. All items are very well priced and of the freshest quality.

We, as part of the Lasallian community understand that we are to set an example for our students alike. So as a prospective to reach our aim of Healthy living will be working together- staff and students together to bring our well-being first and making it most important!

