

Gaelscoil Bhrian Bóirimhe: Polasaí Bia Sláintiúil

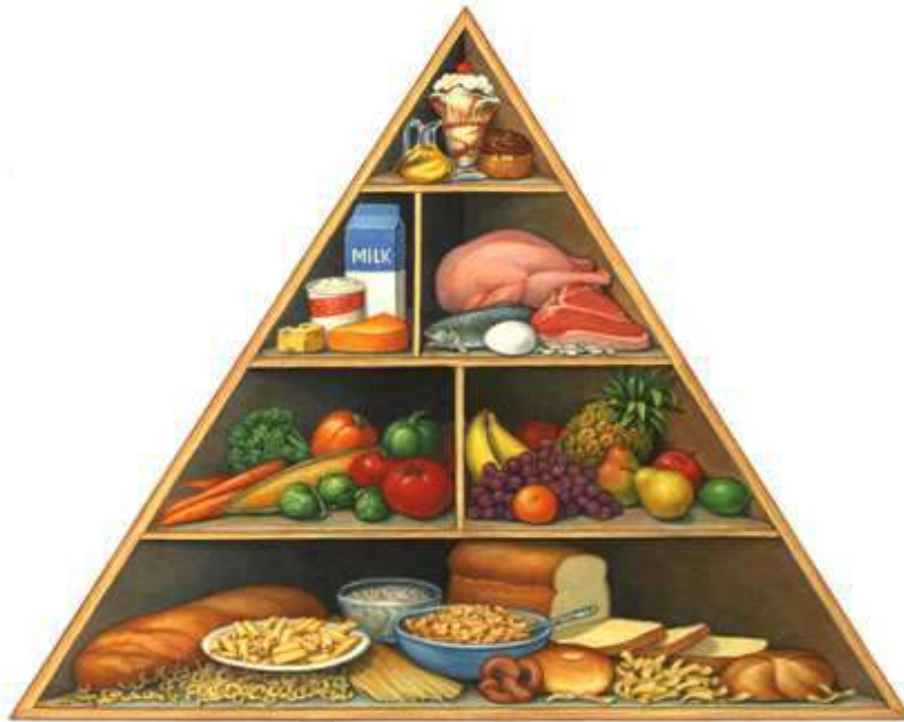
Aidhmeanna:

- Na páistí a spreagadh chun bia sláintiúil a ithe le bheith mar nós fad téarmach.
- Aird na bpáistí a dhíriú isteach ar chothú.
- Aird na bpáistí a fheabhsú ar scoil.



Treoracha don bhosca lón sláintiúil:

- Tá gá ag páistí le blúiríní beaga de réimse bia folláin.
- Féach ar an pirimid bia chun an bia ceart a fháil. Déan iarracht bia úr is neamh oibrithe a ithe.
- Úsáid píosa beag ime is leatháin. Úsáid iad siúd atá íseal i saill sháithithe.
- Léigh lipéidí go cúramach. Féach amach le haghaidh siúcra mar shampla glúcós, súcrós, frúchtós.
- Roghnaigh glasraí agus torthaí bunaithe ar réimhse dathanna. Tá glasraí glasa lán le cothaitheacha le haghaidh croí sláintiúil. Tá torthaí buí nó oráiste lán le vitimín A agus C. Tá gach toradh lán le snáithín/ábhar intuaslachta a gcuidíonn le díleá.
- Tá furmhór de pháistí in Éirinn íseal i gcalciam. Tabhair bainne mar dheoch agus féach amach le haghaidh iógart a bhfuil calciam sa bhreis ann.
- Athchúrsáil! Roghnaigh bosca lóin le cúpla urrann atá éasca don bpáiste é a oscailt/a dhúnadh. Úsáid buidéal plaisteach le haghaidh uisce.



An Pirimid Bia

Deochanna:



- Uisce nó bainne. Feabhsaíonn siad tiúchán ar scoil. Molaimid buidéal uisce le caipín smeacha bheith fágtha ar an deasc i rith an lae. Is féidir an buidéal céanna a úsáid gach lá.
- Seachain 'squash' mar go bhfuil siad lán le siúcra is ní dhéanann siad aon mhairtheas d'fhiaccla atá ag forbairt. In ionad seo, déan do shú féin as torthaí úra.



Smaointí i gcomhar an tsosa bhig:

- Íogairt le calciam sa bhreis ann. Tá íogairt nádúrtha níos airde i gcalciam.
- Ciúbanna cáise.
- Bataí/maidí glasraí mar shampla cairéad, soilire, píseanna, piobar (glas, buí, dearg)
- Gach sórt toradh – úll, mandairín, péitseog, piorra, pluma, banana, kiwi.

Bia atá molta go hard don lón:

- Arán difriúil. Arán gráin, Arán slánghráin donn, bagels, arán le síoltaí sa bhreis.
- Seachain arán bán mar go bhfuil sé an íseal i snáithín.
- Rollaí de gach sórt – donn, petit pains, burger buns.
- Arán pita, naan, bagels, tortilla wraps.
- Craicéir Shlánghráin.
- Is féidir pasta, spaigití, cous cous agus rís a chuir i mboscaí sailéide.
- Torthaí tirimé – risíní, bansabhdáin, aibhreoige, figí. Ba chóir dóibh bheith ite le arán chun greamú ar na fiacla a sheachaint.
- Éagsúlacht bia mar pizza nó quiche.



Ceapairí:

- Iasc mar shampla tuna, bradán, sardines (árd in Omega 3)
- Sailéad mar shampla leitís, tráta, arbhair, cúcamar.
- Liamhas lean, sicín, muiceoil. Is ea is liú próiséalú is ea is fearr é
- Seachain salamaí agus ispíní mar tá siad íseal i bpróitéin.
- Cáis de gach sórt, ciúbanna, maidí, sliseanna
- Ubh bhruite

Bia nach bhfuil ceadaithe:

- Deochanna sioscarnacha.
- Cácaí is milseáin de gach sórt - Fruit Winders san áireamh.
- Barraí arbhair mar is siúcra é 50% de chuid dóibh agus maireann siad ag barr na pirimide.
- Leathán seacláide is peanóid ime (barr na pirimide)
- Criospaí is brioscáin
- Gráin pleascaithe mar go bhfuil sé ard i salann. Is féidir do phopcorn féin a dhéanamh sa bhaile.

Rialacha ginearálta:

- Níl cead ag páistí a lón a roinnt mar gheall ar ailéirge
- Má tá ailéirge ag páiste do bhia éigin beidh cosc ar an bhia sin sa rang msh. cnónna.

Critéir Rathúlachta

Beidh a fhios againn gur éirigh leis an bpolasaí tré na múinteoirí

- Ag féachaint ar lón na bpáistí
- Ag déanamh súirbhéanna
- Ag labhairt le tuismitheoirí



bheith:

Má tá páiste agat nach bhfuil ró shásta, ná bí buartha. Nuair a fheiceann sé nó sí gach duine eile ag ithe an bia ceart, glacfaidh sé/sí

páirt.

Suíomhanna Áisiúla:

- Tá bileog ag The Health Promotion Unit darbh ainm “Food and Nutrition Guidelines for Primary Schools” www.healthpromotion.ie
- Tá moltaí ag an VHI faoi lóin sláintiúla do pháistí ag www.vhi.ie/hfiles/hf-011.jsp
- Tá go leor eolas ag an Irish Nutrition and Dietetic Institution faoi chothú agus tá smaointí acu faoi bhia don lón ar scoil www.indi.ie.

Gaelscoil Bhrian Bóroimhe: Healty Eating Policy

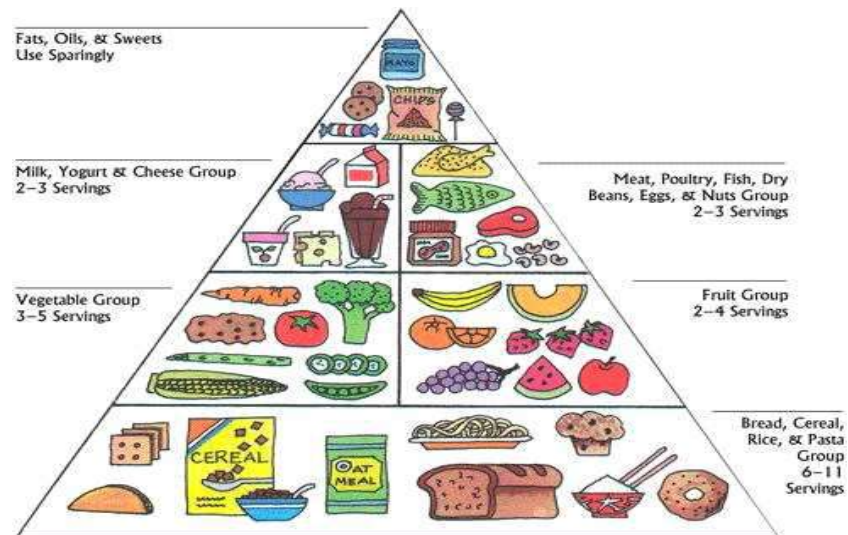
Aims of Healthy Eating Policy are to:

- Support and encourage healthy eating habits in children, which will become life long habits.
- Promote nutrition awareness.
- Improve attention levels in class



Creating a healthy lunch box:

- Children need small amounts of a variety of good food.
- Always base your choice on the food pyramid and try to choose the most pure and unprocessed forms of food.
- Use butter and spreads sparingly and use those low in saturated fat.
- Read labels carefully. Watch out for disguised sugars such as glucose, sucrose and fructose in foods.
- Try to choose a variety of different fruit and veg based on their colour. For example, green veg contain nutrients for a healthy heart. Yellow or orange coloured fruit/veg are high in vitamin A and C. All fruit contain soluble fibre which helps digestion.
- Many Irish children are not meeting their calcium requirements. Give your child milk as a drink and look for yoghurts with added calcium.
- Recycle! Choose a lunch box with several compartments which is easy to open. Re-use plastic bottles for water.



The Food Pyramid

Drinks:



- Milk or water. Keeping children's teeth in mind and to improve concentration in school, we ask that each child has a bottle of water with a non-spill flip top which they can keep on their desks and take a sip during class. These bottles can be recycled and reused by filling them with tap water. Tap water is better for teeth because it contains fluoride.
- Avoid diluted fruit squash. Many juices are little more than sugary water, are made from concentrate and are not good for developing teeth. Instead choose freshly squeezed juice.

Ideas for little break: “Fruit Break”



- Yoghurts that have added calcium (natural yoghurt is highest in calcium)
- Cubes of cheese
- Vegetable sticks eg carrot, celery, petit poids, pepper (red, yellow, green)
- All fresh fruit – apples, mandarins, peaches, pears, plums, bananas, kiwis

Highly recommended foods for lunch:

- Different breads. Wholegrain brown bread, bagels, breads with added seeds. Avoid white bread as it is very low in fibre.
- Rolls of all sizes – brown, wholemeal, petit pains, wholemeal burger buns
- Pita breads, naan bread, bagels, tortilla wraps
- Wholegrain/wholewheat crackers
- Pasta, spaghetti, cous cous and rice could be included in salad boxes.
- Dried fruits – raisins, sultanas, apricots, figs. Dried fruits should be eaten with bread to avoid them sticking to teeth.
- Variety foods such as pizza or quiche.

Fillings for sandwiches:



- Tinned or fresh tuna, salmon, sardines (omega 3 fish oils)
- Salad vegetables: lettuce, tomato, sweetcorn, cucumber.
- Lean ham, chicken, pork etc. remember, the less processed, the more nutritious.
- Sausages and salami are low in protein and iron so try to avoid these.
- Cheeses – cubes, sticks, slices
- Boiled egg

Foods that are not allowed:

- Fizzy drinks
- Cakes and sweets of any kind including Fruit Winders.
- Crisps and biscuits
- Cereal bars because they belong at the top of the food pyramid and are made of up to 50% sugar.
- Chocolate spread and peanut butter spread (belong at the top of the food pyramid)
- Popcorn as it is high in salt. You can make your own at home.

General Rules:

- Children are not allowed to share their lunch due to allergies
- If a child has an allergy to a specific food eg. nuts, that food will be banned within the class.

If you have a fussy eater, don't worry, when he/she sees his/her peers eating the same he/she will soon join in!

Success Criteria *We will know that the policy is effective by:*

- Observing what children have in their lunch boxes
- Doing surveys
- The feedback from parents/guardians and school staff



Useful information:

The Health Promotion Unit have a booklet called “Food and Nutrition Guidelines for Primary Schools” www.healthpromotion.ie.

The VHI website have a section on children returning to school which includes advice on healthy lunches. www.vhi.ie/hfiles/hf-011.jsp.

The Irish Nutrition and Dietetic Institute have a vast amount of information on nutrition and diet and have suggestions on what to include in school lunch boxes. www.indi.ie.