

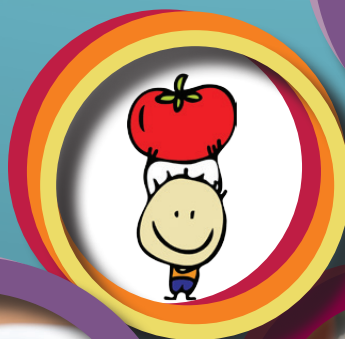
Healthy eating in schools

A children and young people's
consultation



Llywodraeth Cymru
Welsh Government

www.cymru.gov.uk



The Welsh Government wants all children and young people in Wales to have healthy eating habits and healthy lives.

Did you know?

Some foods and drinks are better for you than others.

When a food is good for you it has nutritional benefit.

Nutritional benefit means it has things in it that give your body what it needs to grow and be healthy.

Fruit and vegetables have a lot of nutritional benefit.

Crisps and chocolate bars have very little.



We know that the food and drink you get in school is a really important part of a healthy diet.



What we want to change

We have lots of different information and guidelines in place to help schools so they know what food and drink is healthy for you and what isn't.

Many schools have used this information and worked hard to make sure that the food and drink they have gives children and young people a balanced healthy diet.

But some schools haven't made enough changes.

These rules would not cover:

- packed lunch or snacks brought in from home
- food and drink at school events
- food being used to teach cooking skills.



Did you know?

There are different types of schools.

The government pays for many of them but others are run privately.

We want to make new rules that mean all the schools that the government pays for give a balanced healthy diet to all children and young people across Wales.



The rules will also not cover medically prescribed diets. This is a diet or food that a doctor or dietician says you need to have for medical reasons.

This booklet tells you about some of the changes to the rules we want to make. We want to know what you think about them.



Changes to breakfasts in schools

Some schools give breakfast to children and young people. We want to make sure that these breakfasts give children and young people a good start to the day and help with good eating habits.

We want the food and drink at breakfast to be:

- milk-based drinks or yoghurt
- fruit
- bread
- cereals (but not ones that are covered in sugar, chocolate or cocoa powder).



Changes to lunches in nursery schools

For nursery schools we want lunches to have these foods:

- fruit and vegetables
- meat, fish and other non-dairy sources of protein
- starchy foods like potatoes and pasta
- dairy foods like cheese and milk.

Some nursery schools are part of a primary school, so then the nursery children could be given the same lunch as the primary school children instead.



Lunches in primary and secondary schools

We want the following healthy foods to be available:

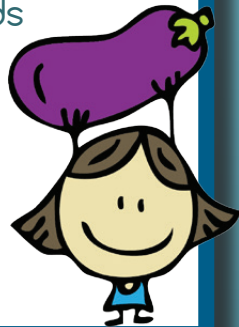
- vegetables
- fruit
- fish like cod and oily fish like salmon
- meat.

We want foods that have very little nutritional benefit not to be available to eat all the time.

These include:

- potatoes and potato products cooked in fats like chips
- deep-fried or shallow-fried foods
- meat products like burgers
- tomato sauce and brown sauce.

Cakes and biscuits should only be allowed if they don't have chocolate or other confectionery in them.



There are some things we don't want schools to give to children and young people at all such as:

- confectionery like sweets and chocolate
- savoury snacks like crisps
- extra salt.

We think this is important because we want to make sure that children and young people of all ages are getting the things they need in their diet to have enough energy for the day and other things that help the body grow and be healthy.



Changes to drinks

Some drinks are good for you and help to give a healthy balanced diet.

Other drinks have lots of sugar, and can cause problems like tooth decay.

We think that schools should not give out drinks like squash and lemonade.

We want the drinks given in nursery and primary schools to only be:

- water
- milk
- plain soya, rice or oat drinks as some children can't drink cow's milk.

With meals, children in nursery and primary schools can be given:

- fruit juice
- vegetable juice
- blended drinks made with fruit and/or vegetables
- fruit and vegetable juice mixed with water.

The drinks given to young people in secondary school will be the same, however they will be allowed other drinks that are healthy like yoghurt drinks.



Other food

We want all other food given out as snacks in our nursery, primary and secondary schools to help children and young people have healthy lives with good eating habits.

Fruit and vegetables must be available for children and young people.

In nursery schools and primary schools, cakes and biscuits are not allowed as snacks but they are allowed to be given as snacks in secondary schools, if they are counted as part of lunchtime foods.

Conclusion

We want to make these changes so that all children and young people across Wales are given healthy food and drink at school.



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Sweets and chocolates, savoury snacks like crisps, and extra salt are not allowed in any schools.

In primary and secondary schools outside of lunchtime, some foods like:

- potato products cooked in oils, like chips
- other fried food
- meat products like sausage rolls or pasties
- condiments like salt or tomato ketchup

can be given but not often as they are not healthy choices and do not have much nutritional benefit.

Nursery school children will not be allowed these as snacks at all.

Other foods that aren't in this list can be given by schools as snacks.

