



Healthy Schools

Healthy Eating

Over the past year we have been working hard at Red Marsh to promote healthy eating and making healthy choices in various ways.

We have ensured that our healthy food messages are consistent across school and up to date. We have organised opportunities for families to discuss and share their thoughts and ideas, including recipes, to encourage healthy eating at home. We have looked carefully at the way we present healthy options. We have grown our own fruit and vegetables and have included our home grown produce in our lunch time menu.



We ensured fruit and vegetables were presented attractively and pupils were encouraged to share, taste or tolerate new foods on their plate.

We grew some amazing produce including new potatoes, leeks and cabbages. Our cook prepared them for us to enjoy at lunch.



We held a 'grow to eat' workshop for parents in our polytunnel. They planted herbs, lettuce and chilli plants.



We used home grown produce to make and sell soup to our parents.



Ideas of how you can introduce new foods-

- Let your child see you eating new foods
- Encourage children to touch, taste small new foods in a relaxed way
- Cook or explore foods with your child
- Make it fun
- Rewards
- Grow fruit and vegetables
- Mix favourite foods, with new foods

Common struggles with new foods

- Hyper sensitive to taste or smell
- Wrong colour
- Not like food touching other foods
- Dislikes dry or wet foods
- Part of a routine



We held a 'healthy family meals' workshop where parents shared recipes and creative ideas on ways to increase healthy choices into their child's diet.