

# Happy Snacking Advice

## Top tips!

- Prepare pieces of fruit and veg and store in a tub in the fridge.  
Try adding a low fat dip of plain yogurt or hummus.
- Peel or cut fruit that can be messy or difficult to peel.
- Encourage your child to help to prepare snacks with you.
- Prepare ahead and have grab and go snacks at the ready.
- Keeping hydrated helps the brain to focus and concentrate effectively.

## Be Sugar Smart...

It is important to read food labels, some foods don't have the word 'sugar' in them but still contain a lot of sugar, it's just labelled in a different way. Hidden sugars usually end in 'OSE' and the nearer they start to the top of the ingredients list the bigger the amount included! Look out for: sucrose, dextrose, maltose, fructose, lactose, glucose and honey

We have put this pack together to help give you some ideas and healthy snacking advice for your children to enjoy at school, home or play.

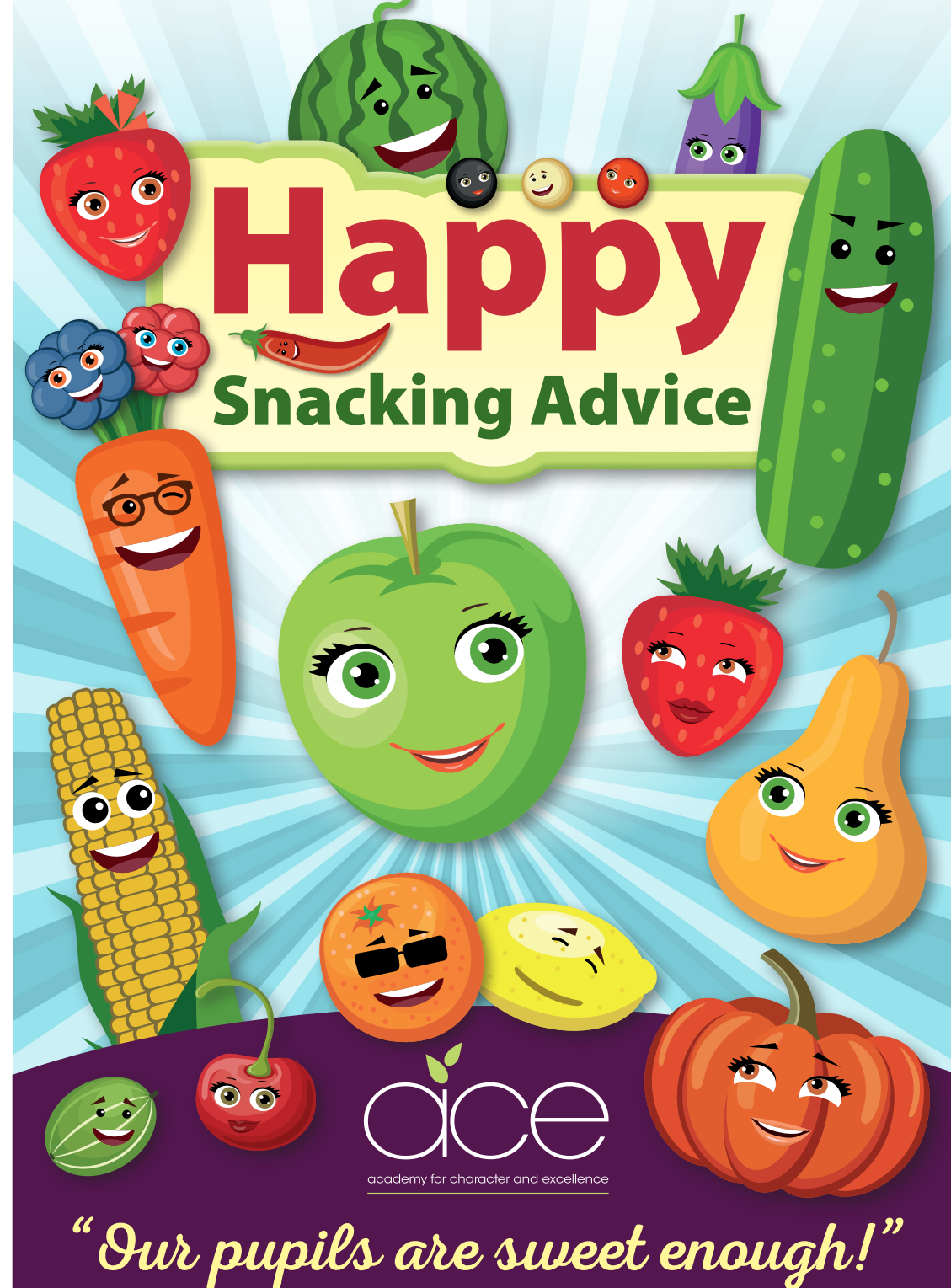
## For further advice and information please see:

<https://www.nhs.uk/sugar-smart/cutting-back>

<http://www.nhs.uk/change4life/pages/healthv-snacks.aspx>

<http://www.nhs.uk/Livewell/dentalhealth/Pages/Goodhabitskids.aspx>

Also take a look at our healthy eating policy and healthy packed lunch policy, all of which are available from the school office.



## Mid Morning & Afternoon Snacks

To encourage healthy eating, it is important to reduce overall snacking and concentrate on healthy meal times, however we recognise that children do need energy as they grow and develop to keep them active and focused. As children get older snacks become less important in their overall diet. Snacks between meals should be healthy, high in nutrients but LOW in sugar, salt and fat.

*At some schools we have a healthy tuck shop and all schools are part of the free fruit scheme for KS1.*

*If you are providing your own KS2 snack please adhere to the school food regulations below.*

### Fresh Fruit

Grapes, melon, banana, tangerine, peach, plum, apple, pear... the list is endless! Fresh fruit pots and fruit kebabs can be fun to make and eat!

### Fresh Vegetables

Cherry tomatoes, celery, carrot and cucumber sticks, sliced peppers, broccoli & cauliflower florets, baby corn and sugar snap peas all add great variety

### Great starchy choices

Plain popcorn  
Bread sticks  
Rice or oat cakes  
Plain, fruit or cheese scone  
Fruit or cheese bread  
Plain crumpets, bagels or muffins

### Drinks

Water and milk

### Avoid hidden sugars!

Watch out for hidden sugars in the following foods - these should be avoided for snacks as may cause tooth decay!

- Dried fruit & yogurt coated fruit
- Cereal bars, cakes & sweet tray bakes
- Flavoured yogurt's
- Fruit flakes & fruit bars, winders, strings etc
- Juice (including no added sugar drinks)

### Did you know?

A packet of fruit flakes contains the same amount of sugar as a packet of 'haribo' sweets!

'Healthy living' forest fruit & raisin bar contains more sugar than ice cream!

Yogurt coated raisins contain more sugar than an 18g 'Freddo' chocolate bar!

## Questions & Answers

**Does it matter what food I give my child at snack time if the rest of their food is healthy?**

Yes, it is important to continue to build on their experience of healthy food. High calorie snacks like sweets, chocolate, biscuits, crisp and squash can lead to tooth decay and dull the appetite for healthy foods.

**No matter how hard I try to encourage my child to eat fruit for a snack, all they want is crisps and sweets. What can I do?**

It can be really difficult to encourage children to eat healthy snacks. If a child is involved in preparing the snack then they are more likely to eat it. Spend time together doing this, perhaps making fruit kebabs or popcorn pots. As well as being fun it will help your child find out more about healthy food, which may encourage them to try other snacks.

**My child wants to help himself to a snack and usually chooses chocolate biscuit bars, what can I do?**

When children are hungry they usually want something straight away to eat and biscuits are quick to deliver. Try having some healthy choices prepared ahead that they can grab and go. Remember to be a good role model for your child.

**What is really wrong with sugar and fat, my child is growing?**

High fat and sugar foods are advised to be 'sometime foods' it's all about balance and when we eat them. Children might seem fine on the outside, but too much sugar can cause tooth decay and also lead to a build-up of harmful fat on the inside that we can't see. This can lead to serious diseases in the future.

**Is there a healthy tuck shop at school?**

In most schools we offer fresh fruit & vegetables and school food standard snacks at break time, made from scratch in our school kitchen so we can monitor the amount of fat and sugar in them. Year 6 run the KS2 tuck shop as an enterprise, maths focus. KS1 have FREE fruit daily and are allowed to purchase a starchy snack if they are still hungry afterwards. We do not encourage any other snacks to be brought in.

**So how much sugar is too much?**

The maximum daily amounts of 'added sugar' are:

**4-6 year olds = 5 cubes a day (19 grams)**

**7-10 = 6 cubes a day (24 grams)**

**11+ years = 7 cubes per day (30 grams)**

*You don't need to worry about the sugar in plain yogurt, plain milk, whole fruit and vegetables as this isn't classed as 'added sugar'.*

**What is wrong with giving dried fruit, surely that's a healthy food?**

Dried fruits are a great source of vitamins, minerals and fibre. They should only be eaten as part of a meal and not as a stand-alone snack. This is because the sugar sticks to the teeth and can cause tooth decay.

**Key oral health messages:**

- Brush teeth and gums twice a day
- Use toothpaste containing fluoride
- Children should be supervised until the age of 7 and encouraged not to swallow tooth paste while brushing
- Spit out the toothpaste, don't rinse, this gives the toothpaste more time to work to protect teeth
- Plain milk and tap water are the safest drinks for teeth health
- Always visit your dentist regularly