

# PERTH MONTESSORI

## HEALTHY FOOD AND DRINK GUIDELINES

The National Health and Medical Research Council encourage children and adolescents to eat sufficient nutritious foods for healthy growth and development. Here at Perth Montessori we support the dietary guidelines issued by the Australian Government and seek to promote healthy eating habits. When packing your child's lunch for school, please make sure to include nutritious foods from these five food groups:

- grain foods (mostly wholegrain or high fibre varieties, such as wholegrain bread and pasta, rice, couscous, noodles, plain rice/corn or multigrain crackers, no added salt preferred).
- Vegetables and legumes/beans (salads, fresh or boiled vegetables, chickpeas, lentils, beans, potatoes)
- fruit (any type of fresh seasonal fruit, but limit intake of dried fruit due to higher sugar content)
- lean meats, fish, eggs, tofu, seeds and legumes/beans (tuna sandwiches, boiled eggs, tofu and lentils, chickpeas)
- plain milk, yoghurt, cheese (please no flavored or high sugar/salt products)

Parents are asked to be mindful and support the school's policy of no food sharing between children to support those community members' children who may have food allergies and intolerances – in particular be mindful of nuts and nut products.

In reference to sugar and salt - Parents should refer to the Australian Dietary Guidelines and the [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au) website for assistance.

## DRINK

At Perth Montessori, we ask that students drink water, and plenty of it. Plain milk or lactose free milks (soy, rice etc) may also be included. Fruit juices and other beverages are not to be brought to school as a student's drink option.

## FOOD

### CYCLE ONE SNACK

Morning snacks are provided by parents in Cycle One classrooms. Parents of children in the Cycle One classrooms take turns on a roster system to bring a fruit and vegetable basket for the children to prepare and share at morning tea. Please make sure that the basket contains at least equal amounts of fruit and vegetables. It is important to include different types of vegetables and fruits, so choose a variety of colors. Food preparation is an important part of practical life skills in Cycle One. Therefore, fresh corn cobs, lettuce, broccoli, legumes, and carrots provide opportunities for practicing life skills like peeling, cutting, cooking, and preparing a salad for the whole classroom to enjoy.

The basket could include:

- vegetables such as lettuce, zucchini, cucumber, asparagus, carrots, capsicums, snow peas, corn cobs, celery
- fruits such as apples, melons, bananas, strawberries, kiwifruit, plums, grapes, pears

For more information on dietary guidelines and nutritious foods, go to [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)