

Parent Education Night Tuesday September 17<sup>th</sup> 2013.

## **Food and Nutrition.**

### **Healthy Plate**

There are new guidelines from the Harvard School of Health about the healthy plate which now replaces the existing food pyramid. More emphasis is now placed on vegetables instead of excess fruits. A copy can be found at [www.healthyplate.org](http://www.healthyplate.org).

### **Portion sizes**

An average toddler will eat one quarter of an adult plate of food. Primary and Elementary students will eat one half of an adult plate of food, with Middle students eating an adult sized meal. Exceptions are for children who are very active in sports activities, or smaller children.

### **Liquid intake**

The reason most toddlers do not eat their food is because of drinking too much fluids. Toddlers need no more than one cup of milk daily, with the rest of their liquids to be water. Primary and Elementary students should be drinking water, if juice is given it should be 100% juice.

### **Grocery shopping**

Children love to be included in the family shopping. This can be used as vocabulary enrichment while discussing varieties of produce or a simple math exercise. Shopping can be used as a nutrition lesson for older children when reading food labels and discussing nutritional contents.

### **Food preparation**

Children are learning basic kitchen skills at school, parents are encouraged to continue with this practice at home. For younger children please provide a step stool to enable them to be at the counter height for chopping, peeling and cutting vegetables and fruit. To allow for independence, please provide a cupboard at your child's level with accessible, appropriate snacks and bowls. If possible, also provide

a separate shelf in your refrigerator for your child to help themselves to nutritious snacks after school.

Older children should be allowed to use ovens, microwaves, sharp knives etc. under your guidance.

**Please remember that your children are not guests in your home, they are family members who would like to take an active role in all household chores when given the opportunity and encouragement.**

### **Lunch time at school**

This is a social time where the art of polite conversation with your table partner is encouraged. Children are shown how to set a table correctly, and to ask for help with containers when needed. Parents are encouraged to give ownership of the lunchbox to their children, this is not the time to pack something new in the lunchbox - please leave this for dinner at home.

Older children are influenced by media advertising; Gatorade is an example, an athlete's drink which contains a lot of sugar. A visual display of the sugar content of drinks and snacks was provided by Heath Jones, a student in the Panther's classroom. Very enlightening!

### **Some points to watch out for.**

- Be aware that eating disorders are starting earlier and earlier, be vigilant about your older children's eating habits. It not only affects girls, boys can suffer from eating disorders too.
- Please remember that some classrooms have restrictions on snacks and lunchbox items due to allergies. Check with your child's teacher for more information.

Special thanks go to Emma and Claire Reale who showed us the wonderful skills they have by cooking scrambled eggs, waffles and salad while we were presenting our information.

Mrs. Lutz, Mrs. Reale and Mrs. Shaw