

## **Healthy Eating**

St Leonard's School has decided to help get children eating healthily, in support of the Government's Healthy Eating Initiative.

### **BREAK TIMES**

At break time children are now encouraged to eat healthy snacks such as: fruit, carrots, cucumber, crackers, breadsticks and cereal bars.

### **LUNCHTIME**

Lunchboxes are also expected to be healthy. Children have been asked not to bring fried crisps and chocolate bars such as Cadburys and Mars bars. This is because there is an increase in child obesity, which can cause illnesses such as diabetes and heart disease in later life.

### **INTERVIEWS**

Joe in Year 3 claims, "It is a good idea to stop having crisps and chocolate because then people don't get bad teeth!"

However Henry G said, " It's good to stay healthy and eat healthily so you don't get bigger!!

Mr Archer also thinks, "It's a lovely thing because it's a good idea for children to be healthy and nutritious!"

### **CONCLUSION**

Healthy eating is a good idea and we all know it has a good impact on our health! Even though some people don't like healthy food, it's still good to have it in your body! After all we need to think about our future health!

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