

Healthy lunches, healthy minds

Eating healthy food helps children concentrate and learn. However, healthy eating changes are not always easy to make. Try to set a good example with your own lunches. Encourage children to help choose and prepare their own lunch.

They might like to make a list of the foods they enjoy. Praise your child when they choose healthy foods for their lunch box.

There are lots of food choices available for lunch boxes. However, it can sometimes be difficult to decide which foods are healthy choices. Suggestions include:

* Fruit – best choices include fresh or tinned fruit. Dried fruit is sticky and high in sugar, so have it occasionally. Best left out of the

lunch box are dried fruit bars and 'straps', which are very high in sugar, low in fibre and stick to children's teeth causing tooth decay.

* Vegetables – try vegetable sticks with dip or a small container with mixed vegetables such as cherry tomatoes, carrot sticks, capsicum and cucumber.

* Milk, yoghurt and custard – include a small drink of milk (freeze overnight) wrapped in a cloth in the lunch box. Fruit yoghurts should be kept cool in an insulated lunch box. Best left out of the lunch box are 'dairy desserts' and flavoured milks, which are high in sugar.

* Dips, cheese and biscuits – pre-packaged or your own home-made versions of

cheese and crackers are fine. Children enjoy mini packaged cheeses. Avoid sweet dips such as chocolate spreads. 'Oven-baked' savoury biscuits are just as high in salt and fat as chips and are best avoided.

* Different breads add interest – include a variety of bread, especially if children begin to lose interest in sandwiches. Try bread rolls, pita bread, flat bread, bagels, fruit loaf or buns, scones, pikelets, muffins, crispbreads, rice cakes or corn thins.

* Vary the fillings – fillings can include vegemite or other yeast extract, peanut butter, cheese (try different types), tuna, egg, sliced cold meats, baked beans, grated carrot and lettuce, chopped roast meat with pickles or

chutney, and avocado. Dips like eggplant, chickpea (hommus), cucumber, yoghurt (tzatziki) or spinach also make good spreads. Avoid chocolate spreads, jams and honey, and fatty meats like salami and strasbourg.

* Muesli and 'breakfast' bars – almost all 'bars' are too high in sugar to include regularly, but cereal bars may be better for teeth than chewy sticky muesli bars. Try to avoid muesli bars and chocolate bars in lunch boxes. These are expensive and usually stuck together with fats and sugars.

Source:
www.betterhealth.vic.gov.au

SCHOOL HOLIDAYS

	LAST TERM 2012	HOLIDAYS 2012
4th Term	08 October - 21 December	22 December
	TERM DATES 2013	HOLIDAYS 2013
1st Term	29 January - 12 April	13 April - 28 April
2nd Term	29 April - 28 June	29 June - 14 July
3rd Term	15 July - 20 September	21 September - 07 October
4th Term	08 October - 20 December	21 December - 28 January 2014

Goulburn Post

Special Publications Team

Sales: Joanna Croker

Production Manager: Chris Ottaway

Editorial: Goulburn Post Editorial Team

Southern Tablelands Education Guide is published by
Goulburn Post a Division of Fairfax Regional Media
ACN 000 14 700

199 Auburn Street, Goulburn 2580
Telephone 02 4827 3500 Faxsimile 02 4822 2886
Email sales.goulburnpost@ruralpress.com

© 2012 All Materials both written and photographs within this publication is copyright to the publishers. Goulburn Post, and the reproduction in any form is not permitted without their express and written permission. The Goulburn Post does not accept responsibility for quality control of any artwork contributed from an outside source.