



# Healthy Eating

BY SAM.W AND IZZY.R, CLASS AB

# What are we talking about?

- ▶ A member of the PTA has brought up that their child had been given lots of sweet for their friend's birthday, but we are a healthy school.



# What are we doing to help?

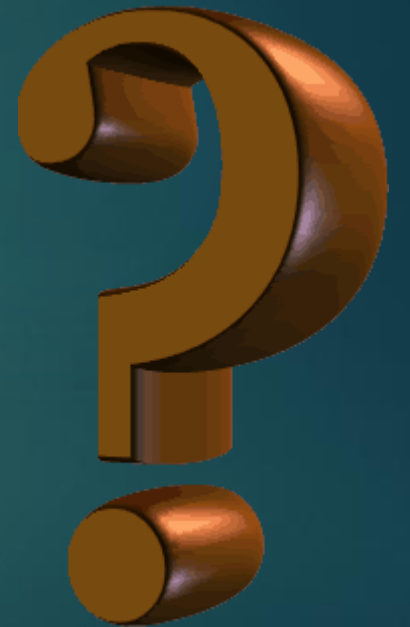
- ▶ School Council has come up with a list of replacement items for sweets. They are the following:
- ▶ Stress balls (Homemade or store-bought)
- ▶ Fruit salad to share
- ▶ A book for the class
- ▶ Stationary (e.g rubbers, sharpeners, pencils)
- ▶ Healthy flapjacks
- ▶ However, no-one should be pressured into bringing anything in!

# What are the problems with sweets?

- ▶ Sweets are delicious, but there are a few downsides:
- ▶ Allergies
- ▶ Eating too many
- ▶ Unhealthy teeth
- ▶ Some children aren't allowed sweets
- ▶ You can get ill if you have lots of sugar

# Comments from the school:

- ▶ '29 people in NS want to keep sweets, whereas 4 people don't'  
–Elliot and Florence, class NS
- ▶ Lots of people agree that we should change and lots of people don't.
- ▶ What do you think?





Thank you for listening.



Any questions?

