



Respect-Aspiration-Resilience-Integrity

West Park Primary School
Devon Road
Wolverhampton
WV1 4BE
Telephone: 01902 558238
Head Teacher: Briony Jones

26th January 2022

Dear Parents/Carers,

Surveys at school have highlighted the number of children that say they do not eat **5 portions of fruit and vegetables** a day. **Only 4 in 10 children say they do in school (and only 2 in 10 across the city)!**

We have delivered assemblies to help children understand the importance of eating a range of fruit and vegetables – of all colours of the rainbow - and also to know exactly what a 'portion' is.

A **portion of fruit:**

- One slice or half a large **fruit** e.g. a slice of melon or half a grapefruit.
- One** medium size **fruit** e.g. an apple
- Two small size **fruits** e.g. two plums or satsumas
- Three heaped tablespoons of cooked **vegetables**
- Three heaped tablespoons of raw **vegetables or salad**

What is one portion of fruit and vegetables?

The actual size of a portion does vary depending on the age and size of a child, but is roughly what would fit in the palm of their hand. It also includes tinned fruit (in juice not sugar) and vegetables, or a glass of pure fruit juice (but this is only one portion even if a child drinks more than that daily).

Please can parents/carers help us to increase the number of children who eat enough fruit and vegetables! We will do a survey again later this term to see if we can together make a difference.

The NHS has also launched a food scanner app which helps families swap food items for healthier choices. Check it out!

At school, we do provide free fruit/vegetable snack that is available to all children daily – this counts as one portion.

Children who have a **school dinner** also have access to at least another two portions with the main course and pudding options. Do you know what your child chooses daily?



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We have noticed that some children who have a **packed lunch** have no fruit/veg in the lunchboxes. Also, there are children eating cold foods including fries, chicken nuggets and takeaways.



We also see many sugary foods and drinks like:



At West Park Primary, we aim to promote healthy eating for all pupils and this includes children that bring a packed lunch. We have to work together to ensure our children are getting nutritious and healthy meals daily in-order for them to grow and develop healthy bodies, healthy minds, healthy attitudes and healthy habits.

We strongly discourage items in lunchboxes such as fizzy/sugary drinks, sweets, chocolate and high fat foods. Look at these ideas:



We know how important your child's health is to you, so let's work together to make a difference. Have a look at the next page for details about the NHS app that helps you scan, swipe and swap.

Yours sincerely



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NHS

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