Less Healthy Food

There are some foods and drinks that you should only have every so often. This is because they aren't as healthy for you.

Examples of these foods and drinks include:

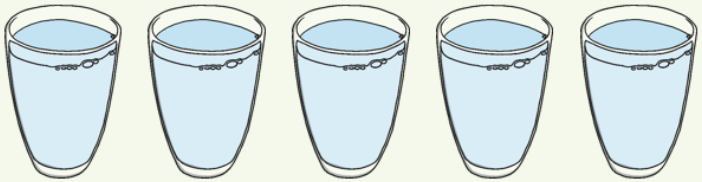
- chocolate
- crisps
- sweets
- ice cream
- fizzy drinks



Too much of these foods in your diet can be bad for you.

How Else Can You Have a Healthy Diet?

A key part of a healthy diet is drinking, but not all drinks are healthy. The healthiest thing you can drink is water. You should aim to drink 5 glasses of water a day.



Please remember to bring a healthy, balanced lunchbox to school. We will be checking next week!!



Healthy Lunchboxes At Newport Infants By The School Council













What is a balanced diet?

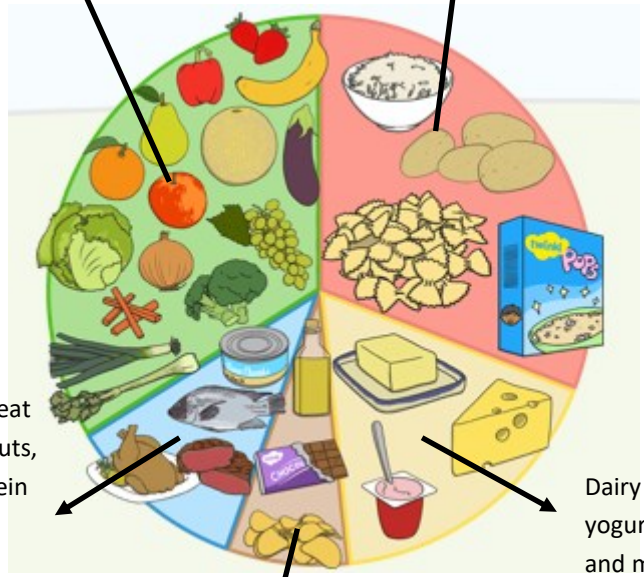
Eating and drinking different foods from each group to keep healthy. There are some groups we need to eat more of, like fruit and vegetables, and some foods we need to eat a small amount of like chocolate and sweets.

Eating a healthy, balanced diet will:

- Keep your heart healthy;
- Make your bones and teeth stronger
- Improve our mood;
- Gives us energy to play, run, work, eat and sleep;
- Keep our brain healthy and helps us remember more.

Eat lots of this. It is very healthy. Try to have 5 portions each day.

These are foods to give us energy. Things like potatoes, cereals , bread, rice and pasta.



We need to eat fish, meat, nuts, or soya protein but not too much!! One portion in your box.

Dairy foods like yogurt, cheese and milk make your bones strong. Try to have some each day.

Eat less of these because they have sugar and fat in them Too much fat and sugar can be bad for your health and make you sleepy.