

#5 Healthy Lunch

Colegio Hogar del Buen Consejo

Spain

Physical Activity

Physical Education

HEPAS

School Sport

Healthy Lifestyle

Healthy eating



Healthy school policies



Family & community engagement

DESCRIPTION:

The activity was initially created for primary schools, but was later adapted for early childhood education due to its impact in the first iteration. The main objective of the programme is to improve children's nutritional habits by including more fruits into their diet and to reducing the presence of less healthy foods (snacks, bread rolls, etc.) in students' lunches. Another goal is to increase the number of students who eat lunch daily, without interfering with the midday meal. Development of the activity (feedback system): During school breaks, each teacher in the classroom reviews the students' lunches and awards a point to those who have selected appropriate foods from the "Healthy Lunch" programme. Points are recorded on the "point counter," a card with the students' names on it. At the end of the month, the top three students in each class receive a certificate and an award. At the end of the quarter, the class that has accumulated the most points will receive a group certificate for being the healthiest class.



COGNITIVE ENGAGEMENT

Children learn the components of regular healthy eating, different types of food and sustainable consumption.



IMPACT ON ATTITUDES

Children learn the importance and positive effect of regular healthy eating.

ORGANISATIONAL NEEDS

Since healthy eating is directly related to physical activity, it is worth linking different subjects together, such as Biology, P.E. The children spend about half of their time in school and the other half at home; therefore, it is crucial to involve parents in the programme.

If you want to know more about the practice

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The successful implementation of this practice will help you reach one of the Moving Schools Award levels.

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