

The British School - Muscat

Founded under Royal Charter, 1973



To: All Nursery Parents

26th September 2009

Dear Parents

Nursery – Healthy Eating

As part of our planned activities for physical development we will be focussing on keeping healthy. On Wednesday October 7th Mr Mabelson will be joining us and we will be encouraging the children to taste and try a range of healthy foods. We would like to have two parent volunteers to work alongside Graham organising the tasting session. Please could you speak to the class links if you are interested in helping with this activity.

We would like you to send a plate of healthy food which your child likes to bring in their lunch box for the children to taste during the morning. We would like to remind you of the list of lunch box suggestions included on the last page of our handbook. Through our cookery activities the children will be gaining some knowledge of healthy eating and why they should eat certain foods. We are also stressing that it is important to have a balanced diet which can contain treats every now and then. We would request that these treats are given at home and not included in lunch boxes. We have provided the information from the handbook (below) with some additions to help you when preparing your child's box.

Foundation Stage Lunch Box Suggestions

We recommend that your child's lunch box contains the following: - 4 different items to eat and 2 drinks of a good size. We advise that each child has one carton of juice and in addition to that a large water bottle. These can then be refilled to enable your child to remain hydrated, particularly in the hot weather. Children are not allowed to share items from their lunch boxes as we have some children who suffer from food allergies.

Below are some suggestions to help you.

Sandwiches: brown/white bread/ rolls/ Arabic bread.

Fillings: egg/ cheese/ cold meats/ cheese and tomato/ cream cheese/ cold meats and salad/ pate/ salad/ tuna/ tuna and mayonnaise.

Please do not include any nut based spreads such as peanut butter or nutella as these can result in severe allergic reactions in some children.

Small tomatoes/ cucumber/ peppers/ lettuce.

Cooked vegetables: beans/ broccoli/ carrots/ potatoes/ sweetcorn/ cauliflower.

Chicken pieces/ sausages/ quiche/ falafel/ samosas/ spring rolls/ pizza slices/ cold pasta/rice salads.

Fruit: banana/ apple/ small oranges/ grapes/ melon/ kiwi fruit/ pineapple/ strawberries.

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Yoghurt/ desserts: individual fromage frais/ fruit mousse/ prepared custards/ jelly/ fruit yoghurt.
Cheese pieces/ cheese slices/ cream cheese triangles/ hard boiled eggs.

Please can all the children's lunch boxes contain a cool block and a drink for snack time.

Granola bars/ individual packs of raisins/ a slice of cake or a biscuit, none of these should be chocolate covered.

Please do not include nuts, fruit with stones which could be a choking hazard, sweets, chocolate or any canned or tinned drinks. Please ensure that none of the food in your child's lunch box includes any nuts as these can result in severe allergic reactions in some children.

We look forward to celebrating your child's birthday at some point during the year. We are not able to hold parties for your child or give out party bags. Parents are invited to send in a cake that can be shared between the children. Please ensure that this is nut free. We make provision for children with any food allergy so that they are also included in these celebrations.

Thank you for your continuing support

Sincerely,

Mrs N Benjamin
Nursery Leader

Miss N Gibson
Nursery Teacher