

## **Healthy Break**

At Dunmurry Primary School we offer a Healthy Break Policy.

This encourages healthy habits for the future and helps with pupils' concentration and behaviour in the classroom.

Here are some examples of a healthy snack

- A piece of fruit – banana, apple, orange, pear
  - Sliced fruit – pineapple, melon
  - Small fruit – strawberries, grapes
- Raw vegetable – sliced carrots, sugar-snap peas
  - Small sandwich
  - Plain crackers and cheese
    - Rice cakes
    - Bread sticks
    - Plain bagel
    - Yoghurt
    - Water to drink



## **Unsuitable breaks**

- Crisps
- Chocolate
- Sweetened breads or biscuits
  - Danish pastries
- Sugary spreads – jam, chocolate spread
  - Fizzy or sugary drinks