



Food Ambassador Minutes

Wednesday 28th March 2018



We welcomed all the Food Ambassadors to the meeting. There was:

- Kitty, Ethan, Lucy and Harry. (Sienna was away)
- Arabella, Max, Georgia and Velvet
- Charlie, Oliver and Olivia.
- Holly and Eisa
- Emily and Antonia
- Evie (Ayesha was away)

Nearly all the food ambassadors were wearing their badges.

Well done everyone!



We played the favourite vegetable game. From the game we were able to work out which were the favourite vegetables.

These were our favourites: **Sweetcorn, broccoli, cauliflower, leeks, beans, peas, carrots, mushrooms**

Please select from the list which is your favourite – you can only choose one. If your favourite is not on the list add it to the bottom.



Vegetable	Number of children who prefer this vegetable
Sweetcorn	
Broccoli	
Cauliflower	
Beans (of any variety)	
Peas	
Carrots	
Mushrooms	



We would like to talk to Mrs Greenfield to make sure we only have our favourite vegetables on the menu.

Our aim is to reduce the amount of waste at the end of lunch time.

Healthy lunch box

We discussed this in our last meeting. We have decided that there are loads of different lovely foods that are all healthy and can be in our school healthy lunch boxes.

Our suggestions were:

- Cold pasta with tuna and sweetcorn or cooked peppers and tomatoes
- Sandwich with a filling of:
 - Cheese and tomato
 - Ham
 - Chicken and lettuce
 - Tuna and cucumber or sweetcorn
 - Salad things
 - Egg and lettuce
- We thought about different types of bread for the sandwich, this could be brown bread, a wrap or pitta bread. We thought all these types of bread are healthier than white bread.
- Vegetable sticks eg. Carrots, cucumber or peppers with a little pot of humus.
- Cheese strings or the light baby bels
- Crackers with cheese
- Salad in a small container with ham / cheese / tuna topping
- Hard boiled eggs
- Yoghurts
- Fruit such as grapes / oranges / strawberries / apple
- Rice cakes



Can you think of any other healthy food choices that could be in our lunch boxes?

We discussed some of the unhealthy options that sometimes appear in lunch boxes. We thought about why these products are unhealthy eg.

- Crisps – they contain a large amount of salt and fat.
- Chocolate biscuits – chocolate contains large amounts of fat and sugar.

We know that small amounts of unhealthy food does not cause harm, it is when large amounts are eaten every day that it has harmful effects on the body.

Can you think of any other unhealthy items that you have seen in a lunch box in our school?

At the end of our meeting we played our favourite fruit game.

Our favourite fruits were:

Mango, Kiwi, Strawberries, Melon, Oranges, Banana, apple, cherries, pineapple, blueberries, raspberries and grapes.

Lots of these fruits are on the fruit platter that we have on our tables at the beginning of lunch time.

We love these fruit platters

We will share the views of everyone in our class at our next Food Ambassador meeting with Miss Wilson and Mrs Wilson

