



Food Ambassador Minutes

Thursday 3rd May 2018



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

- Kitty, Ethan, Lucy and Harry, Sienna, Arabella, Max, Georgia and Velvet
- Charlie, Oliver and Olivia, Holly and Eisa, Emily, Evie, Ayesha

Everyone loves their food ambassador badges. Holly asked if it would be possible to have the word 'food' added to the badges.

Mrs Wilson said she would investigate to see if this was possible.

We played the favourite fruit game. Last time we played the 'favourite vegetable' game and we all love it.

In our class food ambassador meetings we asked everyone from classes One to Six which was their favourite vegetable.

- We added all the results together from each class.
- These are the results.

Vegetable	Number of children who prefer this vegetable from Y1 to Y6
Sweetcorn	55
Broccoli	22
Cauliflower	12
Beans (of any variety)	25
Peas	33
Carrots	21
Mushrooms	12

Sweetcorn and peas were the favourites!



We hope to see sweetcorn and peas on the menu as these are our favourites.

We are working on everyone having a healthy lunch box.

We asked you for your ideas on what we should put in a healthy lunch box. You said you would like to see:

1. Themed days:

If school dinners were having an Italian day or a Hallowe'en day that the packed lunch children knew about this in advance so they could have a special lunch as well.

Food ambassador thoughts:

We liked this idea and we will suggest this to our cook, Mrs Greenfield so that we will all be told in advance.

2. One treat a day:

If the whole lunch is healthy, an unhealthy treat could be included in the box.

Food ambassador thoughts:

We thought this idea would be difficult to monitor and our aim was that the whole lunch box would be healthy. We discussed how much we all liked the taste of healthy foods and we did not want to promote unhealthy choices.

3. A fruit platter for packed lunches

Packed lunch tables to have a platter of fruit that can be shared whilst everyone waits for the prayer.

Food ambassador thoughts:

We thought this was a great idea, Evie was going to ask Mrs Greenwood our cook if this would be possible.

Our Healthy lunch box is:

- 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



We all agreed that we do not want to see

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

We played a clapping game at the end of our meeting.

In our next meeting we are planning to write a new healthy food policy.

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

