















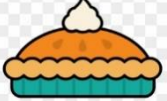




Healthy Breaks



We encourage all pupils to drink the following drinks regularly throughout the day: water, sugar free diluting juice or milk.

Healthy Options	Unhealthy Options
<p>Fruit and vegetables</p>  	<p>Fruit Winders</p>  <p>Crisps</p>  
<p>A small sandwich, bread roll, scone or pancake</p>   	<p>Treat bars</p> 
<p>Cheese and crackers</p> 	<p>Cereal bars</p>  
<p>Yogurt</p> 	<p>Chocolate bars and biscuits</p>  
<p>Bread sticks or pretzels</p>  	<p>Cakes, buns or chocolate filled crepes</p>  
<p>Rice cakes or plain popcorn</p>  	<p>Lunchables</p> 
<p>Plain biscuits</p> 