

## SNAG Meeting - 7<sup>th</sup> February 2018

### Members present:

Mrs Goss  
Jayden – Year 1 (Elm)  
Vivaan – Year 2 (Hazel)  
Haaniya – Year 3 (Yew)  
Tameena – Year 4 (Palm)  
Zak – Year 5 (Beech)  
Anton – Year 6 (Wisteria)

### Things discussed:

1. *What does SNAG stand for?* Schools Nutrition Action Group
2. *What have you done so far?* Been on a trip to see where honey comes from
3. *What would you like to look at doing/find out/do?*
  - Go to a supermarket and find out where their food comes from
  - Find out where chicken and eggs come from
  - Run a cooking club – teach kids how to make healthy food
  - Talk to the cooks in the school kitchen and see how the food is prepared
  - Run the salad bar
  - Run a healthy pudding bar
  - Share findings in class
  - Promote those countries with little or no food. Fundraising etc
  - Run a fruit and veg stand at breaktime and give out or sell food
  - Make and give out information on healthy eating
  - Give the children questionnaires on what they eat
  - Make smoothies
  - Do a healthy eating assembly
  - Raise money to install an outside water fountain
  - Learn about the food groups
  - Challenge children to go on a healthy food hunt around school
  - Play games with food/to win food
  - Healthy eating or sports challenges
  - Healthy eating lessons for classes
  - Snack/Fruit log for children like WOW
  - Food Diaries

### Actions:

Next Meeting – Wednesday 28<sup>th</sup> February  
Assembly – Tuesday 13<sup>th</sup> March

**\*\*Members to design a poster about healthy eating.\*\*** You could include:

- The healthy eating plate/information about food groups
- Information about healthy snacks
- Healthy drinks

You need to make it bright, colourful, neat and eye catching. These will be enlarged to A3 and displayed in the dinging hall.

# Healthy Eating Questionnaire

## HOW HEALTHY ARE THE CHILDREN OF LAURANCE HAINES SCHOOL?

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Class: \_\_\_\_\_

1. How often do you eat fruit?

2-3 times a day      1-2 times per day      3-4 times per week      1-2 times per week      Or Less

2. How often do you eat vegetables?

2-3 times a day      1-2 times per day      3-4 times per week      1-2 times per week      Or Less

3. Are you a vegetarian?

YES                      NO

4. How often do you eat chocolate?

1-2 times per day      3-4 times per week      1-2 times per week      Rarely      Never

5. How often do you eat crisps?

1-2 times per day      3-4 times per week      1-2 times per week      Rarely      Never

6. How often do you eat other junk foods?

1-2 times per day      3-4 times per week      1-2 times per week      Rarely      Never

7. How often do you have fizzy drinks?

1-2 times per day      3-4 times per week      1-2 times per week      Rarely      Never

8. What do you usually eat for breakfast?

Plain Cereal      Sugary Cereal      Toast/Muffin etc      Fruit      No Breakfast

Other: \_\_\_\_\_

9. What do you usually eat for lunch (in your lunch box/school meal)?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

10. How often do you have take-away?

Over half the week      Once a week      Once every two weeks      Rarely      Never

11. Would you say you eat healthily?

All the time      Most of the time      Sometimes      Rarely      Never

12. Do you have anything else you want to add about healthy eating?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Thank you for taking the time to complete our survey! Happy healthy eating!**