

# Healthy Living and Healthy Lifestyle at Dominican College

Ensuring the health and well-being of our pupils is a key priority for everyone at Dominican College. Unhealthy eating patterns and inactive lifestyles, present a threat to the health and emotional and physical well-being of our young people.

We aim to provide an environment where the physical, social and mental well-being, and the health and safety of all staff and pupils are supported in partnership with family, community and external agencies.

## **In our Healthy School:**

Physical activities are available to all pupils in class and extra-curricular activities

Pupils are encouraged to bring a healthy snack for breaktime, such as a piece of fruit, and to eat a healthy lunch

Pupils are encouraged to drink water at school and fizzy drinks are not allowed

There is a water fountain providing plain water

## **What are the benefits to our pupils:**

- Better health with less infections
- Better behaviour
- Improved academic performance
- Better sports performance

## **The Eatwell Plate**

The eatwell plate makes healthy eating easier to understand by giving a visual representation of the types and proportions of foods people need for a healthy and well balanced diet.

The eatwell plate is based on the five food groups:

- Bread, rice, potatoes, pasta and other starchy foods
- Fruit and vegetables
- Milk and dairy foods
- Meat, fish, eggs, beans and other non-dairy sources of protein
- Foods and drinks high in fat and/or sugar

The eatwell plate encourages us to choose different foods from the first four groups every day, to help ensure we obtain the wide range of nutrients our body needs to remain healthy and function properly.

Choosing a variety of foods from within each group will add to the range of nutrients you consume. Foods in the fifth group - foods and drinks high in fat and/or sugar are not essential to a healthy diet.

