

Missenden Healthy Promise

Eating, cooking and growing food in school are very important.

The 'Missenden Healthy Promise' is a promise of ten things about food and growing which everyone in school will try to work towards.

- 1 School lunches are delicious and lunchtime is a special part of our day.
- 2 We learn how to cook wholesome and tasty food
- 3 We learn how to grow food and about composting
- 4 Food we bring into school is healthy
- 5 We can drink water whenever we want to
- 6 School lunches are good for the planet. The ingredients are local and organic where possible.
- 7 We have a choice of what to eat and we are asked what we think of food at school
- 8 We visit farms and learn where our food comes from
- 9 We enjoy and have fun with food
- 10 We try not to waste food by wearing our bands

