

# We Think Saltford School is Healthy Because...



We grew our own salads and cabbage last year and the school cook cooked them for our dinner! Y6



Having fruit in KS1 really encouraged you to bring fruit in KS2 breaks and has increased the number of fruit we eat. Elleze Y4

We learn about healthy options in science for a balanced diet. Vegetables are available for school dinner and we have healthy Tuck shops with fruit cups. Millie Rose Y6



I love the school dinners because you have pasta, the roast dinner is great and you can choose vegetables like cauliflower and broccoli and sweetcorn.

We make sure not to eat chocolates or sweets because they are treats but not too healthy. Danielle Y2



