



■ Wallaroo Mines Primary School students Phoenix Zanker and Eli Dayman take a bite out of their healthy sandwiches while Crystal Aston and Tamika Farr compare lunches.

What's in the box?

JOURNALIST:
Rhiannon Koch

A recent study has found one in four Australian children is overweight and, according to dietician Amanda Clark, the lunch box is the best place to start to improve these statistics.

Wallaroo Mines Primary School principal, Donella Glazbrook, said the school's canteen operates around the Department of Education and Children's Services Right Bite strategy.

"Food is divided into groups, green, amber and red, like traffic lights, and all canteen food fits into the green and amber categories," Mrs Glazbrook said.

"Our focus on healthy eating goes beyond the Right Bite strategy

though.

"We also run the Eat Well and Be Active program which looks at healthy eating and physical fitness and the Active After school Program which supports the strategy by providing the students with healthy snacks."

Mrs Glazbrook said it was important the school offered healthy alternatives despite fast food not being a major issue on Yorke Peninsula.

Parent, Kathryn Dayman, thinks it's important children eat healthy food at school to ensure they are alert.

"My children's lunchboxes have an apple, a sandwich, yoghurt, a mandarin and a banana because healthy food gives them more energy and they should eat right because of the growing

obesity crisis," Mrs Dayman said.

"I always pack fruit in my kids' lunch boxes because it's important they eat healthily to keep their brains working and concentrating during school," parent Amanda Coad added.

Hot foods canteen coordinator, Tracy Capes, agreed.

"Some children also suffer from behavioural problems and weight issues so healthy food is good to combat that," Ms Capes said.

According to a new book by Amanda Clark, a child's lunch box should contain about 450 or 550 calories and should include a sandwich with spread, protein and salad and one to two snacks, which could include a banana, a 100g tub of yoghurt and 14 cashew nuts.