



Feed Me Better!

**Nutritional Lunch Choices for the
International School of Krakow**



Context

- Wide age range - 3 years to 18 years
- Wide variety of national tastes and cultural views on food
- Climate - cold winters and warm summers
- School philosophy - parents are responsible for their children's nutrition. The school encourages healthy eating
- Seasonal availability of food in Poland



A Well Balanced Lunch

- One portion of protein to keep children alert in the afternoons
- One portion of complex carbohydrates for slow energy release
- Some calcium for growth, healthy bones and teeth
- Fresh fruit and vegetables for vitamins, fiber and boosting the children's immune systems



What to Avoid

- Refined sugary products
- Fizzy drinks
- Foods high in saturated fats
- High salt content



A Typical Lunch

- A simple main meal
- A salad or warm vegetables
- A choice of fresh fruit or yogurt for dessert
- Make the most of seasonal choice
- There is no need for:
 - Additional soups
 - Garnishes such as chopped herbs