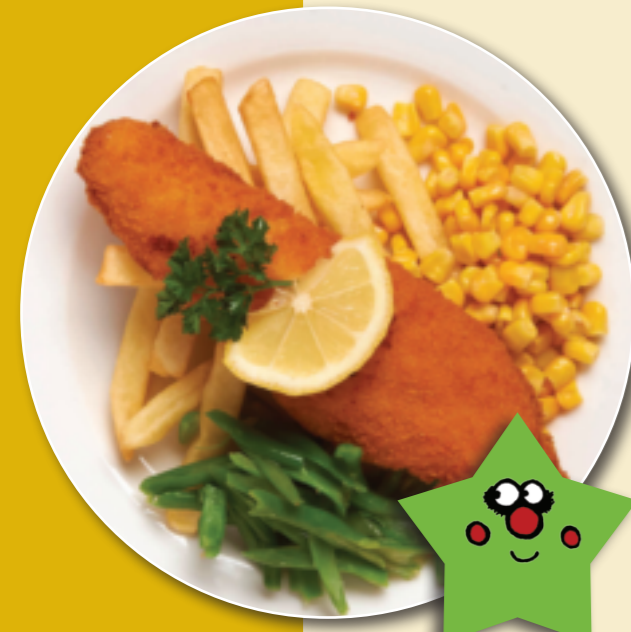




Have a look at some SCHOOL DINNERS that have already been scored:

ROAST CHICKEN DINNER

Item	Star
Group	
Potatoes	0
<i>Starchy but low fibre</i>	
Chicken	+1
<i>Protein</i>	
Green beans	+1
<i>Fruit, veg, salad</i>	
Carrots	+1
<i>Fruit, veg, salad</i>	
TOTAL SCORE	+3



FISH & CHIPS

Item	Star
Group	
Fish	+1
<i>Protein</i>	
Chips	0
<i>Starchy but low fibre</i>	
Green beans	+1
<i>Fruit, veg, salad</i>	
Sweetcorn	+1
<i>Fruit, veg, salad</i>	
TOTAL SCORE	+3



You can score dessert choices too. This is a bit more complicated but it makes a fairer comparison with scoring a packed lunch. Generally, fruit for dessert would score +1 star or maybe more for a fruit salad. A pudding that includes fruit would score +1 star for the fruit and minus -1 star for the added sugar and fat.

School Dinners

Why choose a school lunch?

- Freshly cooked**
All our meals are cooked in a school kitchen using good quality ingredients.
- Convenient**
No need to shop for and make up packed lunches every day and no washing up!
- Choice**
In most schools there is a choice of 2 main courses plus soup or pudding, fruit or yoghurt every day. Also, free bread, fruit juice or milk and water are served with all meals.
- Children's favourites**
We regularly ask pupils and school cooks about their favourite dishes and make sure these are included on the menus.

To request this information in an alternative format or for further information contact:
Dave Rex, Specialist Dietitian for Health Promoting Schools,
The Highland Council, The Pines,
Drummond Road, Inverness IV2 4NZ

Telephone: 01463 720065
email: david.rex2@highland.gov.uk

FREQUENTLY ASKED QUESTIONS

- Does this mean some foods are banned from packed lunches?**
No. Rising stars is based on the idea of "balance". Fatty or sugary foods score minus 1, but the overall score can still be quite high depending on the other choices.
- Can I use "Rising Stars" to rate snacks?**
Rising stars only works for meals. It can not account for snacks. A child might score highly on meals, but the diet overall may not be well balanced if a child has lots of sweets, biscuits, crisps and sugary drinks between meals.
- How do school meals compare with packed lunches?**
If all the items of a meal are eaten, school meals will typically score 3 stars or more. The average school meal scores more highly than the typical packed lunch.
- What's a good score?**
It's all relative! 3 stars or more is quite good. The main thing is that children improve their score over time.
- How about "juice"?**
Pure fruit juice and fruit smoothies score 1 star. Any other sweet tasting drink scores minus 1. This is because added sugar and artificial sweeteners encourage a "sweet tooth".
- What about butter?**
Don't bother removing a star for butter or spread in a sandwich. Technically it is a fatty food, but without it sandwiches often fall apart!



The Highland Council
Comhairle na Gàidhealtachd

Sin Thu Fhèin!

Helping your child to choose a healthy, well balanced meal.

Rising Stars

"Rising Stars" gives children the skills they need to make informed choices between different meal options. Using this model, nothing is banned, but children learn what balance and moderation looks like on a plate or in a lunchbox.

A good diet can help improve the health, behaviour and learning of children. Choosing a school dinner is the easiest way of ensuring a balanced diet. If the whole meal is eaten, school dinners are highly nutritious and good value for money.

You can use **"Rising Stars"** to rate breakfast or an evening meal too. The model is best understood by children over 8 years of age. Pupils are taught how to rate their meals with **rising stars**. They are then asked to think about what changes they could make to improve their score.

Some children prefer to bring a packed lunch. These too can be well balanced, but often they are not. Whether your child has a packed lunch or a school dinner, using **"Rising Stars"** will show them how healthy their meal choices are.

Children who improve their score become **"Rising Stars!"**

The picture below shows the proportions of different food groups we should have in our diet. Our **'Rising Stars'** scheme is a way of comparing a meal choice with this model.

The largest sections are fruit and vegetables, and starchy food such as bread, cereals, pasta, rice and potatoes. This is because the bulk of a healthy diet should be based on these two food groups.

There is also a group of protein rich foods like eggs, meat, beans and fish; and a group of calcium rich dairy foods, like milk, yoghurt and cheese. These are smaller sections of the plate because we need to eat some of them but we don't need too much.

The smallest group is the one that contains foods that are high in fat or sugar but fairly low in nutritional value overall. This group is small because if our diet has a lot of these foods, we get too much fat or sugar and possibly not enough vitamins, minerals, protein or fibre.

The Eatwell Plate ©, Food Standards Agency.



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Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

Follow the **5 steps** below to find out how many stars your meal scores.

STEP 1
What bread (or other starchy food) do you choose?
If it is high in fibre, you score: +1

STEP 2
Is there any cheese, yoghurt or milk included (for calcium)?
If so, you can score another: +1

STEP 3
How about biscuits, cakes, sugary drinks and crisps?
For EACH of these sugary or fatty foods you score: -1

STEP 4
Is there some meat, fish or egg included (beans, nuts or pulses count too)?
If so, you can score another: +1

STEP 5
Count the number of fruit, veg or salad items.
For EACH one get a: +1

Confused?

Have a look at some **PACKED LUNCHES** that have already been scored:



LOW SCORING PACKED LUNCH

Item Group	Star
Crisps <i>Fatty, sugary</i>	-1
Diluting juice <i>Fatty, sugary</i>	-1
Jam tart <i>Fatty, sugary</i>	-1
White bread <i>Starchy, but low fibre</i>	0
Ham <i>Protein</i>	+1
Yoghurt <i>Calcium, dairy</i>	+1
TOTAL SCORE	-1



HIGH SCORING PACKED LUNCH

Item Group	Star
Wholemeal bread <i>Starchy and high fibre</i>	+1
Chicken <i>Protein</i>	+1
Cheese <i>Calcium, dairy</i>	+1
Lettuce <i>Fruit, veg, salad</i>	+1
Carrot sticks <i>Fruit, veg, salad</i>	+1
Apple <i>Fruit, veg, salad</i>	+1
PURE fruit juice <i>Fruit, veg, salad</i>	+1
TOTAL SCORE	+7