



Article 24

We have the right to good quality health care, to clean water and good food

Every child has the right to the best possible health. Governments must work to provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy. Richer countries must help poorer countries achieve this.

Children will:

- Wash my hands with soap
- Leaders walk at the front of the line walking to the lunch room
- Hang my coat up
- Sit at my key group table
- Sing our lunchtime song together
- Leaders give our lunchboxes
- Eat my sandwiches before my yogurt or cake
- Compost my fruit peel
- Recycle my rubbish
- Put my lunchbox on the trolley
- Put my coat on before I go out to play
- Helpers help Hana to sweep the floor and wipe tables
- Eco Warriors help Hana to compost the food waste in the wormery

Adults, as duty, bearers will:

- Encourage children to wash hands before eating
- Encourage children to eat savoury food first
- Encourage children to compost food waste and recycle cardboard & plastic
- As soon as approximately half the children have finished eating, two staff take them outside to play

Parents and carers, as duty bearers, can teach children to eat healthily by:

- Provide your child with a healthy lunch with low sugar and salt content
- Encourage your child to try a wide range of foods
- Encourage your child to feed themselves