

## School milk factsheet 1: Mid-morning snack time

“Milk gives an energy boost in a way that does not harm teeth, aiding concentration, memory and creativity in class.”

**Dr Hilary Jones**

GP, Breakfast TV Health Editor and  
Medical Advisor to Cool Milk



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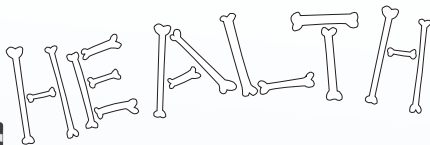
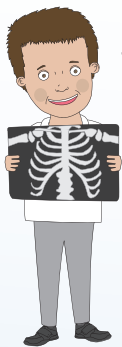
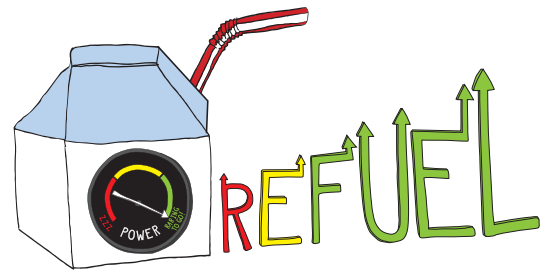
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Mid-morning snack time is an essential part of the school day. It helps to bridge the gap between breakfast and lunch, so it's important that children are given healthy options that fuel their learning and keep them energised. Dr Hilary Jones explains the benefits of school milk and why it is the ideal mid-morning drink.

## Milk and water

Just like water, milk is an ideal drink for boosting children's fluid intake, and supports their concentration, memory and creativity.

Milk also provides a **much needed energy boost** between breakfast and lunch, and is proven to be **one of the best drinks for rehydration** after exercise. Drinking school milk after playtime will therefore help to ensure children are rehydrated and refuelled for the rest of the morning.



## Milk and fruit

Eating five pieces of fruit and vegetables a day is important but it's worth remembering that any sugar – whether natural or not, can be damaging for teeth. Milk is the perfect accompaniment to your free fruit and vegetable scheme, as milk neutralises any fruit acid inside the mouth and **protects children's teeth**.

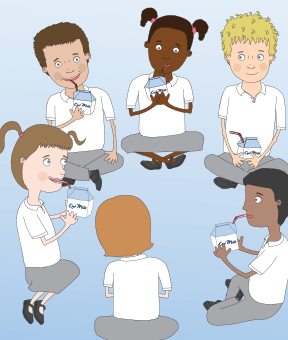
Milk also provides a longer energy boost than fruit or sugary snacks to help sustain children till lunchtime.

## Snack time checklist

- Milk to provide important nutrients, refuel children after playtime and protect teeth after fruit.**
- Fruit and vegetables to provide important vitamins as part of children's five a day.**
- Water throughout the day to keep children hydrated and refreshed.**

## Time to refuel

Taking five minutes to drink school milk allows children to rest and wind down after an energetic playtime. Drinking and eating as a group also helps to teach manners and **develop social and conversational skills**.



Interaction