



C of E Primary School

## **Healthy Eating Policy**

**January 2011**

We understand and wish to promote the fundamental importance of eating well and good nutrition to children's health and well-being. We are very conscious of recent studies showing the link between healthy eating and a regular intake of water to the academic achievement of children.

### **Aims**

Healthy eating ensures that individuals eat the right combination of a variety of foods that provide the nutrients for their dietary and daily needs. We aim, by encouraging children to have good eating habits in school, that they will adopt them for life.

The aims of the Healthy Eating Policy are to:

1. Ensure that the children in our care are informed about food choices and are catered for in the healthiest way possible in our particular circumstances.
2. Support good practice by ensuring a match between what is taught and what is provided.
3. Provide a comfortable and convivial dining environment that supports good eating behaviours and table manners.
4. Enthuse teachers.
5. Provide on going contact with outside professionals.
6. Enable children to have some ownership and ability to influence a service designed for them.
7. Encourage an ongoing relationship between the school, its community and health professionals in the area of health and nutrition.
8. Promote the image of a caring school.

We intend to meet these aims in the following ways:

1. By carefully planning the food and nutrition aspects of the Science, Design and Technology and PHSE curricula starting in the Early Years Foundation stage.
2. By considering the objectives of the food service and how they are monitored and evaluated.
3. By paying attention to Health and Safety issues.
4. By having a midmorning fruit snack.
5. By formalising a Healthy Schools committee and School Council to determine the way forward and liaising with outside professionals.
6. By having a commitment to provide staff development for all those involved.

## **Roles**

The Leadership Team will overtly support healthy eating by:

1. Actively promoting the school meal service to parents and pupils, ensuring all dietary needs are catered for.
2. Creating an action group for planning and implementing change.
3. Discussing the supervision of meal times and ways to encourage good eating behaviours with the appropriate staff.

The Healthy School Committee will provide the powerhouse for change and will consider all the educational and health issues that the school needs to consider when looking at all the criteria for the Standard, especially the Healthy Eating Criterion. The main strategies they will employ to promote change are:

1. The linking of the taught curriculum with the food provision within school.
2. To provide a pro-active health awareness within the school environment.
3. To give pupils an opportunity to voice their opinions about the food they eat and how it is served.
4. To monitor and evaluate food provision with health as the main objective.
5. To promote healthy choices and empowering pupils and staff to make improved choices about food.
6. To liaise with the School Meals Service.

The membership of the Healthy Schools Committee will be:

- A Member of the Leadership Team
- The Science Co-ordinator
- The Senior Midday Supervisor
- The Servery Assistant
- A Governor
- A parent
- Pupils

Advice will be sought from the School Nurse, School Dental Service, and Community Dietician when required. A representative from the School Meals Service will be consulted when suggested improvements to the meal provision are considered.

## **The Curriculum**

Pupils will be taught through the preparation and making of food:

1. What healthy eating means and why it matters.
2. Basic nutritional needs.
3. The link between health and lifestyle.
4. That a balanced diet depends on many factors including energy and nutritional needs, ethnic and religious practices, cost, food availability, lifestyle and age.

The many aspects of the Healthy Eating curriculum will be presented in the following ways:

- Food handling and preparation skills.
- Nutrition and health.
- Knowledge about food use and links with celebrations and festivals.
- Historical changes in food and its availability.
- Food and cooking in other cultures and other countries.

### **Opportunities offered by the ethos and environment of the school**

There are many opportunities to give pupils good experiences of food through many different features of school life. Children cook and sell food for charity sales, serve food at 'thank you' tea parties for helpers and take part in food tasting sessions linked to any relevant Curriculum topics.

Dinner time is deemed to be a sociable time where children sit in mixed ages, listen to music and share simple dinner time duties i.e. pouring out water. It is also a time where children are reminded to show respect to the adults helping them, learn appropriate table manners and try new foods.

### **Opportunities offered by working with parents, Governors and the wider community**

Parents, Governors and the wider community can support the work of the school in the following ways:

- Parents can be involved in Healthy Eating policies.
- Developing pupil's economic awareness and experience of the world through involvement with food businesses.
- Giving the pupils real life examples of nutrition and hygiene requirements in action.

### **Equal Opportunities, Inclusion and SEN**

In accordance with our Equal Opportunities and Inclusion Policy all the children in the school will be offered the same experiences and learning objectives. Aspects of the outlined curriculum experiences will be differentiated to make them accessible to all children, including those with Special Educational Needs.

All religious and cultural practices and specific dietary needs will be respected when providing food for either curriculum purposes or for the midday meal.

### **Assessment and Record Keeping**

Pupils will be assessed on their knowledge of healthy eating through observation, work sampling, plenary and question times and through written assessment tasks. Children should:

1. Know that food comes from a variety of sources.

2. Be able to group and name foods and identify which food group they belong to.
3. Understand that food contains nutrients that people need to stay alive.
4. Be able to name some nutrients and give examples of food sources for each.
5. Begin to apply the concept of a balanced diet to planning their own meals.
6. Understand how colour, texture and flavour contribute to our experience and enjoyment of food.
7. Be able to prepare and cook food under supervision.

### **Balanced Eating**

The Health Education Authority, in association with the Ministry of Agriculture, Fisheries and Food, and the Department of Health has produced eight guidelines for healthy eating and these are listed below:

1. Enjoy your food.
2. Eat a variety of different foods.
3. Eat the right amount to be a healthy weight.
4. Eat plenty of foods rich in starch and fibre.
5. Eat plenty of fruit and vegetables each day (5 portions)
6. Don't eat too many foods that contain a lot of fat.
7. Don't have sugary foods and drinks too often.
8. If you drink alcohol, drink sensibly.

The first seven guidelines form the basis of the healthy eating education provided at the school. The last one is reflected in our Alcohol and Drugs Policy.

### **Resources**

There are resources on both sites to support Healthy Eating. Leaflets from outside agencies are also distributed to all families.

### **Monitor and Review**

The Governor on the Healthy Schools Committee will monitor the implementation of the policy.

This policy will be reviewed with the PSHE policy in accordance with the three year Curriculum Overview outlined in the School Development Plan or in response to local or Government initiatives as well as a part of reviewing our Healthy Schools Status.