

# Healthy Eating:

## Food in School



St Mary's Church of England Primary School  
Established 1845

### AIM OF THE POLICY:

-  To provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.
-  Raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
-  Develop a positive attitude towards eating habits.
-  Provide opportunities within school to pursue a healthy diet.
-  Help children to understand that some foods should be eaten in moderation.

### INTRODUCTION:

We believe that educating children about healthy eating is important, as what they eat will affect their growth, resistance to illness, energy levels, ability to learn as well as their behaviour. Young children are dependent on their parents to provide food and therefore we see partnership with parents as an important factor in the work that we do.

### OBJECTIVES:

-  To review the curriculum and maximise opportunities where teachers can promote healthy eating and life style, so that children are able to make informed choices.
-  To raise awareness with children, parents and carers in order to develop a positive approach to food, nutrition and healthy eating.
-  To support parents in providing a healthy lunch box.
-  To ensure that children understand the importance of a healthy lunch box.
-  To ensure any food providers on the premises are aware of our policy and provide a balanced nutritious meal. Currently school meals are provided by the 'Iron Rice Bowl' based at Weobley High School.
-  To continue to enhance the fruit and vegetables schemes.
-  To provide free milk to all children in Reception and the infants
-  To continue to encourage children to drink water regularly throughout the day.

## MEETING OUR OBJECTIVES:

-  Time is allocated to review subjects where healthy food is discussed and identify where healthy eating and basic food safety practices can be included in the curriculum, particularly in Science, PHSE & Design Technology.
-  Distribute leaflets regarding healthy lunch boxes and make parents/carers aware of current thinking.
-  Pupils will be taught to evaluate their own lunch boxes, showing an awareness of the items which are not allowed (sweets, chocolate bars, and fizzy drinks) and why.
-  Staff will continue to promote the drinking of water. Drinking bottles are allowed in the classroom and cups are available if required.
-  To form good habits for life, staff will encourage children to eat the fruit and vegetables provided at morning break. The School will continue the provision of fruit throughout the school. Fruit will be bought using the PE Grant. Some fruit will be provided from the village orchards and some will be grown in the school garden.
-  Staff will consider themselves as "role models" in school throughout the school day and will take the opportunity to eat with the children on occasions, encouraging and supporting healthy food choices and social interaction.
-  Staff will try to ensure the atmosphere and appearance of the eating area is pleasant, calm and relaxed.

## SCHOOL MEALS

The School has an arrangement with the Iron Rice Bowl to provide hot meals. Orders are placed a week earlier and delivered to the School daily, where they are served by a school-based supervisor. All Infants are provided with a balance hot meal daily free of charge.

## PACKED LUNCHES

Parents are encouraged to provide children with a healthy packed lunch containing a variety of foods. A healthy packed lunch should contain a mix of foods from the "Eatwell" plate. The Eatwell Plate shows how much should be eaten from each of the five food groups.

A good packed lunch contains:

-  A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles. These are good to fill children up.
-  A good source of protein, iron, and zinc such as meat, fish, beans, nuts and eggs.
-  A good source of calcium such as milk, cheese, yoghurt or fromage frais.
-  One portion of fruit and one portion of vegetable or salad to provide other essential vitamins and minerals.

No single food contains all the essential nutrients the body needs to be healthy and function efficiently, so it is important that the content of a packed lunch is varied.

## **DINING ENVIRONMENT**

Lunch is served in the eating areas. Reception children eat as a group in the Infants classroom. Packed Lunches are eaten in the middle room while hot lunches are served in the Lower Juniors classroom.

The children enter the area in an orderly manner and queue to collect their lunches in the corridor outside the kitchen.

Pupils sit together and enjoy the time to socialise while eating.

## **CURRICULUM**

In Foundation stage, KS1 and KS2, healthy eating is addressed through:

- ❖ Science. Lower Juniors complete a module on balanced diets and also on teeth
- ❖ PSHE objectives (Personal, Social, Health Education)
- ❖ Design and Technology. Pupils cook healthy well balanced foods with an emphasis on savoury and seasonal cuisine.
- ❖ Discrete teaching sessions
- ❖ Discussion between teacher and pupils
- ❖ Assembly: teacher led or outside visitor

## **MONITORING:**

Children's diet in school will be monitored. Lunchboxes & school meals will be regularly checked and evaluated for their nutritional value. The atmosphere and behaviour in the dining hall will also be monitored by the dinner supervisor.

This policy will be reviewed every 2 years to ensure it continues to meet its aims.

Date Implemented: 1st January 2018

Approved by: Madeleine Spinks Chair of Governors

Person Responsible: Peter Kyles Principal

Review Date: 1<sup>st</sup> September 2020