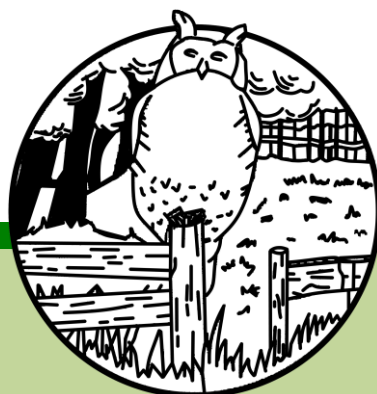


# Healthy Eating Policy

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Approved By	
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Notes	



## Woodland Grange Primary School

Aiming high to achieve excellence and success by working together.

At Woodland Grange Primary School we recognise the importance of food in our lives. We know that healthy eating is vital for good health and we understand that there is a strong link between a healthy diet and effective learning. We also recognise the importance of food related skills in enriching our social development and in celebrating, nurturing and increasing our appreciation of cultural diversity.

## Aims

The general aims of Woodland Grange School is to

- Develop the whole child
- To provide quality, non-discriminatory education
- To work in partnership with our families and the community

More specifically, through our food policy, we endeavour

1. To maintain or improve the health of the whole school community through education, increasing knowledge and understanding of what constitutes a balanced diet and how to ensure that food is prepared healthily and safely.
2. To ensure that children are well nourished at school, that we practise what we preach with every child having access to safe, tasty and nutritious food and water during the school day.
3. To increase children's knowledge of where their food comes from, food production, manufacturing, distribution and marketing and how these will impact upon their own lives and environment.
4. To ensure that the food production in school reflects the ethical and medical needs of the staff and pupils e.g. catering for the needs of religious groups, vegetarians, people with specific food related allergies.
5. To meet the nationally agreed Healthy School standard in Healthy Eating.

## Objectives

These aims will be met in lessons through a cross-curricular approach, through shared eating times through social and pastoral activities.

## 1. Curriculum

Within the PSHE curriculum, healthy eating, food safety and an understanding of where our food comes from, will be taught. Where possible this will be linked to other curriculum areas for example;

Art	observational drawing of fruit, healthy eating posters
D&T	recipes, food preparation and cooking
English	instructions, recipes
Maths	weights and measures
PE	healthy eating and exercise
Science	healthy lifestyles, effects of heat on food, bacteria, how plants grow
RE	the rich diversity of other cultures and times

Geography	where food comes from, sustainability
History	how people used to eat, Tudor explorers – scurvy, Victorians - rich and poor

Opportunities to support and extend the curriculum will be made through

1. external visits e.g. to the local supermarket
2. local initiatives e.g. Life Education Caravan
3. visitors e.g. local food producers, cooking demonstrations
4. healthy eating projects e.g. design a healthy school dinner competition
5. Health Awareness weeks

## 2. Shared Eating

### Break time

In the Foundation Stage children bring fruit from home. In Key Stage 1 there is a time allocated daily to sharing the government funded fruit or vegetables. Children are encouraged to participate fully and the opportunity is made to talk about what they are eating, how it is prepared and why they are eating it. Opportunities are also made for the children to be involved in collecting, preparing and handing out the fruit. Key Stage 2 children continue to be encouraged to bring fruit and vegetable snacks each day. Foundation Stage children receive free milk each day.

### Lunch time

This is seen as a pleasurable time, a social occasion in which the children are encouraged to sit down together and to enjoy their meal. Our school meal providers are the local authority and we continue to work with them to improve the quality and uptake of school meals. Children may bring packed lunches to school and, although we accept that it is up to parents what they put into their child's lunch box, we shall continue to emphasise the importance of a healthy lunch by promoting good practice.

### Water

We encourage all children to drink water throughout the day and sell water bottles for this purpose. Additionally water fountains are available in all playgrounds.

To meet the National Nutritional standards, lunches for pupils at Woodland Grange Primary School will contain at least one item from each of the following food groups.

- Starchy foods such as bread, potatoes, rice and pasta. Starchy food cooked in oil or fat should not be served more than three times a week.
- Fruit and vegetable must be available every day. Fruit based desserts must be available twice a week.
- Milk and dairy foods.
- Meat, fish and alternative sources of protein. Red meat must be served at least twice a week. Fish must be served at least once a week. Cheese may be included in the meat/fish protein group for primary children.

What do National Nutritional Standards apply to?

- All lunches provided to pupils during term time, whether they are free or lunches which pupils pay for.
- Hot and cold food, including packed lunches provided by the school for pupils on school trips.

### **Health & Safety**

It is part of our normal school procedure that the children will be reminded to wash their hands after using the toilet and before eating.

Food will be stored in appropriate places and parents will be reminded that the packed lunches have to be stored in the classroom and be encouraged to use insulated packed lunch boxes.

Catering staff will hold the required food hygiene certificates.

All staff and parents involved in the preparation of food will be aware of food safety and hygiene issues and behave accordingly.

As a staff we will be aware of the apparently growing tendency for eating disorders in younger children and ensure that we know how to recognise and respond appropriately should the need arise. Contacts can be found in the website list at the foot of this policy.

### **Links with Home**

We recognise the need to work closely with parents and the wider community.

We will endeavour to keep parents informed of what we are teaching the children and why, as well as keeping them up to date with national and local health information and initiatives, working closely with the school nurse and other members of the Primary Care Trust.

### **Monitoring and Evaluating**

We will continue to monitor and review this policy. We will create opportunities for discussion with the children, staff, parents and governors through meetings, the school newsletter, website and questionnaires.

### **Other Relevant Documents**

PSHE and citizenship policy

Health & Safety

### **Resources**

Healthy eating resources in PSHE resources.

### **Websites**

<http://www.sustainweb.org>

<http://www.dietproject.co.uk/toolkits>

<http://www.dfes.gov.uk/schoollunches>

<http://www.wiredforhealth.gov.uk>

<http://www.wateriscoolinschool.org.uk>

<http://www.fooddudes.co.uk>

<http://www.healthedtrust.com>

<http://www.foodgov.uk>

<http://www.doh.gov.uk/fiveaday>

<http://www.bda.uk.com> (British Dietetic Association)

<http://www.nutrition.org.uk>

<http://www.foodstandards.gov.uk>

<http://www.stroke.org.uk>

[www.bhf.org.uk](http://www.bhf.org.uk)

**Data will be processed to be in line with the requirements and protections set out in the General Data Protection Regulation**