



# FOOD POLICY

|                     |                           |
|---------------------|---------------------------|
| Ratified by Head    | 16 <sup>TH</sup> May 2019 |
| Next Review (3 yrs) | SUMMER 2022               |

## **1. RESPONSIBILITIES**

The Governors recognise the important connection between a healthy diet and a child's ability to learn effectively and achieve high standards in school. The Governors also recognise the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices.

The Governors recognise that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

## **2. MISSION**

The educational mission is to improve the health of the entire community by teaching pupils ways to establish and maintain life-long healthy and environmentally sustainable eating habits. The mission shall be accomplished through food education and skills (such as cooking and growing food), the food served in schools, and core academic content in the classroom.

## **3. AIMS**

**3.1** To promote the health of pupils by helping to influence their eating habits through increasing their knowledge and awareness of food, including what constitutes a healthy diet and hygienic food preparation and storage methods (*Appendix 1*)

**3.2** To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.

**3.3** To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day (*Appendix 2*)

**3.4** To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs (*Appendix 2*)

**3.5** To make the provision and consumption of food an enjoyable and safe experience (*Appendix 3*).

**3.6** To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

## **4. OBJECTIVES**

**4.1** To work towards ensuring that this policy is both accepted and embraced by

- Governors
- School management
- Teachers and support staff
- Pupils
- Parents
- Food providers
- The school's wider community

**4.2** To integrate these aims into all aspects of school life, in particular

- Food provision within the school
- The curriculum
- Pastoral and social activities

## **5. METHODS**

**5.1** Establish an effective structure to oversee the development, implementation, and monitoring of this policy, and to encourage a participatory approach to meeting the objectives.

**5.2** Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example.

**5.3** Maintain an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.

**5.4** To use Food for Life awards as a vehicle to drive developments in the school's food culture

## Appendix 1:

### **To promote the health of pupils by helping to influence their eating habits through increasing their knowledge and awareness of food, including what constitutes a healthy diet and hygienic food preparation and storage methods**

To incorporate teaching on healthy lifestyles into the curriculum:

- An annual healthy week
- Art, e.g. observation drawings of food, healthy eating poster design
- Personal Social and Health Education, e.g. menu planning, nutrition
- Design and Technology, e.g. cooking (as part of Fri pm activity afternoon and through topics), designing tools
- English, e.g. food diaries, following instructions
- Geography, e.g. what food grows where, food miles, transporting food, waste
- History, e.g. past diets, discoveries
- Computing, e.g. recording results of a food survey, website review
- Maths, e.g. weights and measures
- Physical Education, e.g. links between healthy eating and exercise
- Science, e.g. effects of heat on food, plant growth, nutrition

Topic cross reference:

- Nutrition
- Dining
- Cooking
- Menu planning skills
- Food hygiene (e.g. common food poisons, bacterial growth, contamination, washing hands, temperatures, storage, cleaning and disinfectant, pests)
- Cultural diversity
- Food production, marketing and labelling
- Recycling
- How plants grow

Examples of activities that could support curriculum work:

- Relationships with local food businesses, e.g. farms, shops and restaurants (encourage food professionals such as chefs to come into the classroom, and arrange for pupils to visit their premises).
- Tasting sessions (integrate a range of eating experiences into classroom work, e.g. tasting fresh, dried, juiced, frozen and canned fruits and vegetables)
- Cooking demonstrations
- Healthy eating drama activities and projects (including links with Better Living team)
- School website with pages on food issues and links to other related sites
- Debates / guest speakers
- Eating experiences integrated into the curriculum for all subjects.
- School garden and gardening club (give pupils the opportunity to plant, harvest, prepare, cook and eat the food they grow)

## **Appendix 2:**

### **To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day**

To work with the school kitchen staff, parents and out-of- school care scheme to promote healthy eating:

- Ensure that school lunch menus reflect the government's standards for a healthy diet.
- To work with parents helping them to make well informed choices from the menus with their children.
- To work with parents providing a packed lunch to agree which foods will be available to children in lunchboxes.
- To work with out-of- school care scheme to ensure that food on offer at the beginning and end of the day reflects a balanced, healthy diet.
- To ensure that all drinking water is labelled and available to children throughout the day.
- To encourage all children to use school water bottles each day.

## **Appendix 3:**

### **Creating an environment conducive to the enjoyment of safe, tasty, nutritious and environmentally sustainable food**

To keep the following questions under review:

- Dining area - is it safe, pleasant, comfortable, attractive and clean?
- Are there sufficient dining room supervisors? Are they trained to provide advice on food choices / hygiene? Do teachers have time to converse with children over lunch and model good eating behaviour?
- How can we ensure pupils have sufficient time to eat?
- How do we foster good manners and respect for fellow pupils?
- Are facilities for washing hands adequate?
- Are there sufficient litter bins and facilities for waste food? Are they emptied regularly?
- Pupils
  - Are pupils reminded to wash their hands every time they go to the toilet?
  - Do we ensure pupils wash their hands before they eat food?