

School Food Policy



Chisenhale
Primary School

Confidence • Curiosity • Kindness

Date reviewed	April 2026
Written by	Gemma Anidi
Approved by Governors	
Planned Review date	April 2028



Aim	Our school food policy aims to: • Ensure that all aspects of food and nutrition promote the health and well-being of pupils, staff, and visitors at our school. • The objectives of our school food policy are to: • Provide a range of healthy food choices throughout the school day that are in line with the mandatory School Food Standards. • Ensure that food provision in the school reflects the cultural and medical requirements of staff and pupils. • Ensure that pupils' dietary preferences are catered for with care and consideration. All children should be able to eat a nutritious and tasty lunchtime meal, whilst being exposed to different foods and flavours. • Make the healthy choice, the easy choice. • Ensure that our caterers uphold high standards and continue to actively consult with relevant stakeholders to improve the food provision. • Work with children and the catering company to make sure the pupils feel listened to and see their choices in the food on offer. As a Healthy School we have fostered a whole school healthy eating environment and we: 1. Encourage parents to talk to us about any food related problems 2. Ensure positive communication between lunchtime, kitchen and teaching staff
Context	Tower Hamlets children have high levels of excess weight (overweight or obesity). Among 4–5-year-olds, 19.4% have excess weight which is less than the average for London (21.1%) and England (23.5%). The percentage of 4-5year olds in Tower Hamlets who are obese is 10.6%, in line with the average for England but higher than the London average. Among 10–11-year-olds, 42.9% have excess weight (28.6% of this age group are obese) The level of overweight and obesity among 10–11-year-olds is above the average for London and England. (NCMP data 2024/25 academic year). National Child Measurement Programme - NHS Digital) Tower Hamlets has high levels of 5 year old children with experience of visually obvious dental decay (2021/22) with 29.6% compared to the national figure of 23.7% and 25.8% in London. (Tower Hamlets Child Health Profile, Public Health England, https://fingertips.phe.org.uk/) Chisenhale Primary School is dedicated to providing an environment that ensures the healthy choice, is the easy choice for all children. We promote healthy eating and enable pupils to make informed choices about the food and drink they consume. Through effective leadership and a strong school ethos, we take a whole school approach by bringing all elements of the school day together to support the health and wellbeing of all children. We recognise that we are invaluable role models to pupils and their families regarding food and drink choices and healthy living. This policy has been written to take account of the May 2022 government guidance 'Creating a culture and ethos of healthy eating' and links to the Ofsted statutory requirements within PSHE to successfully support children to 'gain knowledge of how to keep themselves healthy' and 'make

	<i>informed choices about healthy eating and fitness'</i> . This policy is also informed by the mandatory School Food Standards document [Appendix 1] and the requirements for Healthy Schools Award London.
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CURRICULUM PROVISION and CONTENT

<u>PRIMARY</u> Appendix 4 for detailed curriculum content	- Food and nutrition are taught at an appropriate level throughout each key stage in Science, PSHE and Design Technology (cooking and nutrition). - We teach the statutory content of the Health and Wellbeing curriculum to be covered by the end of primary. - We teach the statutory content of the Design and Technology curriculum to be covered by the end of primary. - We teach the statutory content of the Science curriculum to be covered by the end of primary. See appendices 4 for a detailed overview of all these curriculums. Food Education Cooking and Nutrition is a compulsory subject within the Primary Design & Technology curriculum [Appendix 4]. We teach this at an appropriate level throughout each key stage. There are opportunities for pupils to develop knowledge and understanding of health, including healthy eating, food provenance as well as practical skills such as designing, preparing, and cooking predominantly savoury food.
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Curricular and Extra-Curricular See the Eatwell Guide (Appendix 1)	- All food provision within the curriculum or cookery clubs will be healthy at all times. Eatwell Guide - The Eatwell Guide (Appendix 1) is used throughout the school as a model of understanding a balanced diet. Other Initiatives - We have worked on other healthy eating initiatives as a school in the last academic year. These include Oral health (fluoride varnishing, dentists visits, hygiene education etc); Fantastic Food in Schools; Sugar Smart; TastEd. We also offer extracurricular cooking and gardening opportunities for our children. We have a fabulous garden on site, which achieved a Level 5 in the <u>RHS Campaign for School Gardening in 2013</u>. All children are encouraged to get involved. Cassie, from <u>Grow Your Own Playground</u>, runs a variety of gardening sessions including: <u>Lessons in Loaf</u> or natural dye workshops.
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SCHOOL FOOD STANDARDS

School Food Standards	- We adhere to the statutory requirements for School Food Regulations 2014, which require all schools to promote healthy eating and provide nutritious food and drink. These standards ensure high-quality meals, support good nutritional health, protect vulnerable pupils, and encourage positive eating behaviours. - The revised standards came into force on 1 January 2015 and were updated in June 2023. All food provided during the school day meets the DfE standards, including free fruit snacks, breakfast club provision, healthy food-linked rewards, and food for school events and trips.
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FOOD PROVISION – LUNCHTIME

School Lunch	Checklist for School Lunches - As a Healthy School, we adhere to the statutory School Food Standards, Checklist for School Lunches, which is also a requirement of the Healthy Schools London Bronze Award. Catering - School lunches are provided by our in-house team. School lunches are planned on a 2-week cycle and our menu is published on our school website. The goal of the new provision is to focus on homemade, nutritious, fresh and tasty food, and to prioritise organic and ethical produce (via Better Food Shed) as much as financially possible. The kitchen team ensure that all diets are catered for, and the provision is always Halal. Twice a week, Chisenhale have a planet-friendly/full plant-based day. This is to provide children with more sustainable options and to increase their awareness of their environmental responsibility. To reduce waste from lunchtimes, surplus food is given to Night Owls and served as part of the afterschool snack. Tower Hamlets Dessert Policy - As a Healthy School we are committed to the Tower Hamlets Dessert Policy (March 2024) (Appendix 2) with a focus on fresh fruit, low or no sugar yoghurt and cheese with unsweetened crackers as dessert options. - We encourage and promote the uptake of salad, fruit and vegetables, at all times, to all pupils. Consultation - We consult with pupils, staff, governors and the kitchen team about menu options, choices, portion sizes and quality control, working with our kitchen team to review and improve school food. Free School Meals - The school encourages families to register for benefits related Free School Meals by promoting the Eligibility Check Form.
Lunchtime Experience	Family Style Dining - We use full family-style dining, where children serve themselves from food placed on tables. This approach encourages trying fruits, salads, and varied options, promotes positive role modelling, increases food exposure, and creates a calm, sociable lunchtime. Calm Environment - To create a calm lunchtime, we use set eating times, plates and bowls, pupil helpers, mixed year groups, water jugs and cutlery on tables, and a seating plan.
Packed Lunches See Packed Lunch Guide for Parents (Appendix 3) and Build a Balanced Lunch Box (Appendix 4)	Packed lunches should aim to include: - Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible. - 1 portion of fruit and 1 portion of vegetables or salad (or more). - Dairy food such as cheese or yoghurt - Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel - Oily fish once every 3 weeks e.g. sardines or salmon Packed lunches should not include: - Nuts of any kind; crisps or crisp type snacks e.g. flavoured rice cakes or cheddars; sweets or any confectionary items including bars, biscuits, cakes or yoghurts/desserts and anything containing chocolate. Water Policy The school provides water for all pupils at lunchtime; therefore, there is no need for packed lunches to include a drink.

	Packed Lunch Enforcement - We clearly communicate our packed lunch policy to parents, ensuring they understand its purpose and encouraging discussion of any food-related issues such as allergies or SEND. - New parents are informed about the policy and the Free School Meal (FSM) offer, considering ways to promote FSM uptake, such as taster sessions or coffee mornings. - If a child brings food that does not meet the guidelines, we will note this and contact the parent or carer. - Continued non-compliance will result in items being discreetly removed, returned at the end of the day, and the child offered an alternative from the school meal provision, with further communication to parents as needed.
Water Provision	In 2022, Chisenhale committed to becoming a Mayor of London water only school. This means that we only provide water or milk (plain semi-skimmed, skimmed, lactose free or soya milk). More information can be found here. Children can bring in their own water bottles in accordance with our environmental responsibilities. Children are given regular opportunities to drink water and keep themselves hydrated throughout the school day.
Specialist Dietary Requirements Including Allergies	- The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. - We have gained our Asthma and Allergy Friendly Award - Individual care plans are created for pupils with food allergies and relevant staff are aware of these plans. - We are a nut free school. For more information about allergies, please contact Compass on compass.towerhamletsyphws@nhs.net All staff are trained on allergy procedures and all the children who have allergies are given a lanyard to wear, noting their allergy, at the beginning of the service. KS1 children with allergies or special dietary requirements stand up and collect their lunch from the kitchen team. KS2 children with allergies or special dietary requirements go to the lunch counter and have a conversation with the kitchen team about what they can and cannot eat for lunch that day. This routine promotes essential life skills which children with allergens will need as they navigate the world beyond school. Parents are invited to get in contact with the school if they would like to discuss this further.
Food Waste	Our school works with the kitchen staff to reduce and recycle food waste. Our school highlights the importance of reducing food waste to children and staff.

FOOD PROVISION – OTHER THAN LUNCH

School Food Other Than Lunch	Checklist for School Food Other Than Lunch - As a Healthy School, we adhere to the Checklist for School Food Other Than Lunch, which is also a requirement of the Healthy Schools London Bronze Award.
Breakfast Club	We offer a breakfast club that serves a range of nutritious, school food standard-compliant food (including wholemeal carbohydrate, fruits & and protein-based foods) to support children's health and ensure that they have fuel for learning, play and social interaction. The Breakfast Club operates from 7:45 – 8:45 am and costs £2.50 per child. The school requests that parents/guardians either pay in advance or, on the day that their child is in attendance. Childcare vouchers are also accepted forms of payment. Please email kglynn.211@lgflmail.org for a booking form. We are also part of the governments free breakfast scheme, which runs from 8:15am (no earlier) until school opens.

	Children need to be registered for the club please email kglynn.211@lgflmail.org for a booking form. The Breakfast Club is run by a wonderful team who all work hard to ensure that children get the best start to the day.
Snacks	- The school understands that healthy snacks can be an important part of the diet of young people. - Pupils can bring fruit into school to eat at break-times. - Any after school snacks must be healthy and follow the principles of this policy, whether provided by the pupil or the school. - As a Healthy School we do not allow crisps, sweets, chocolates, biscuits or sweet items that do or do not contain chocolate.
Night owls	We also offer an afterschool club called Night Owls which runs from 3:30 - 6:00 pm. Night Owls is a fun, safe, and reliable childcare provision that benefits both children and parents. At the end of the school day, children are accompanied to the middle hall where they are registered and have a healthy, school food standard-compliant snack and water. Children can also bring their own healthy snacks if they wish, such as a piece of fruit, sandwich, or cereal bar. They are then able to take part in a variety of different activities. Night Owls is run by a wonderful team who all work hard to ensure that children have a fun-filled afternoon.
Food Brought In	Food brought in covers many different times within the school food environment and covers anything brought in by children, as well as provided by parents or staff. We strive to ensure that food brought into the school complies with School Food Standards [Appendix 1]. This applies to the following occasions: • Sports days/events • Exam or test days/weeks (a free healthy breakfast is provided for Year 6 children during SATs week) • End of term celebrations • School trips • Birthdays We also strive to ensure that healthy food and drink options are available at the following school events and celebrations: • Fundraising events • Seasonal celebrations [Christmas, Easter, Eid etc.] • Summer and winter fair • International events/Cultural week • Charity weeks

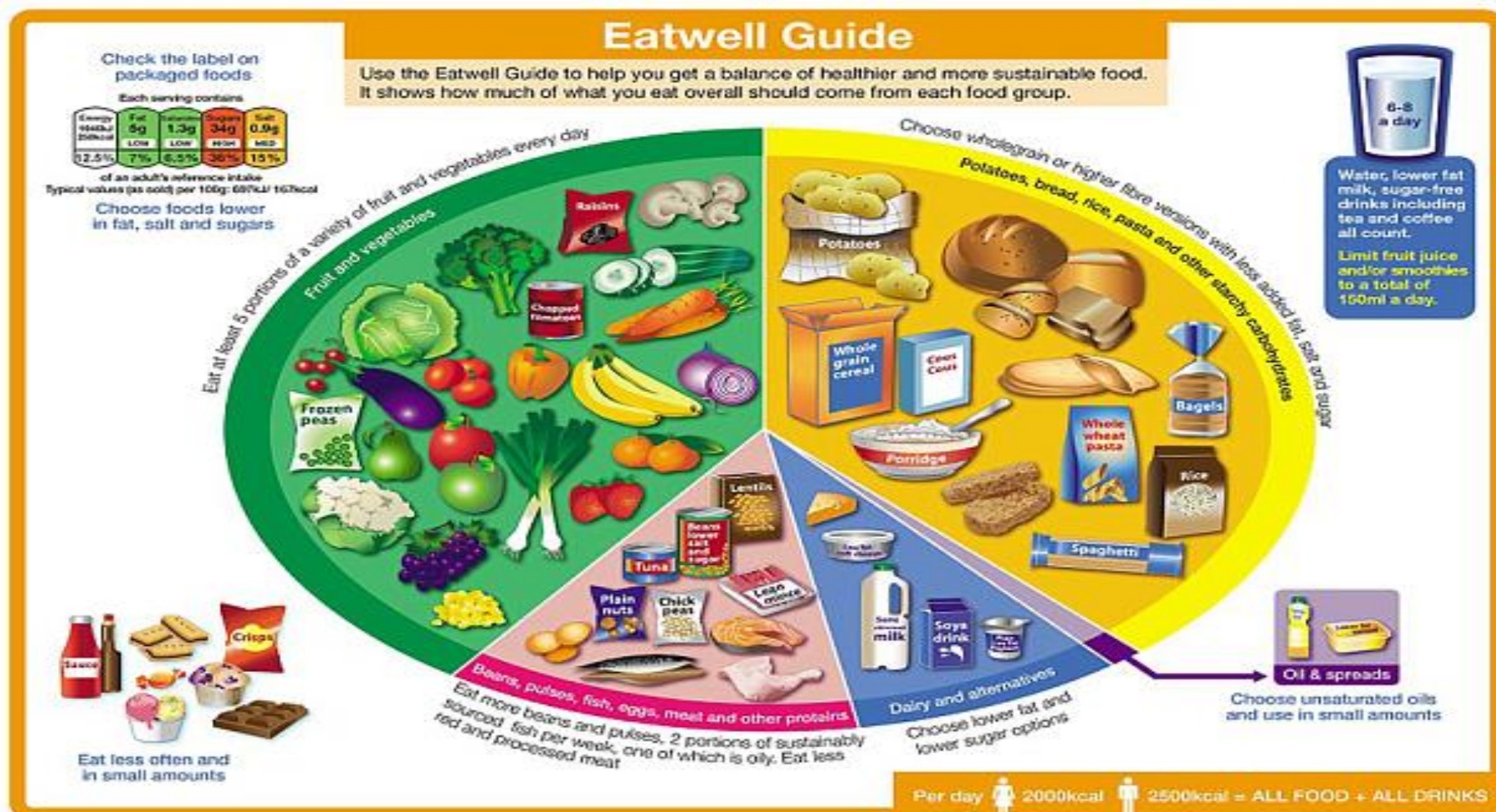
	- The school recognises the importance of celebrating birthdays and special occasions in a healthy and inclusive way. - Birthdays will be marked through privileges rather than food treats, such as a class song or wearing a birthday badge or sash. - For celebration events, we encourage a variety of foods from different cultures and provide parents with suggested lists to ensure diversity. - Parents are invited to contribute savoury dishes to food sale events, helping to reduce sugar intake and promote a healthier approach to fundraising and festivities.
School Trips	- A healthy packed lunch will be provided by the school, for all children who usually have a school meal. - Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above. Encourage the use of reusable water bottles, to reduce the impact of single use plastic.

CONSULTATION AND PARTNERSHIPS

Parents	- We value our relationship with parents and aim to support them with advice and information to help families make healthy food choices. - Throughout the year, we offer coffee mornings, events and food workshops for family members
Staff	- The school encourages staff and visitors to support the food policy throughout the day by modelling good practice around food and drink when around pupils. All adults, including staff and external visitors, influence pupils' knowledge, skills and attitudes towards food and drink. In lessons, staff are only permitted to drink water and it is important that they have a positive attitude and are healthy role models. At every opportunity they should promote healthy choices and reflect our philosophy and approach to food and nutrition.
Resources	- The Healthy Lives Healthy Eating Toolkit with resources to support all this work can be found at the team's new Healthy Lives School Services webpage. - We work with The Healthy Lives Team to improve our school food and engage with the Bronze, Silver and Gold Healthy Schools London Awards programme. For further information about any work related to Healthy Eating or the Healthy Schools Awards, please contact Sultana Begum, Healthy Lives Advisor on sultanax.begum@towerhamlets.gov.uk.
Equal Opportunities	We recognise the importance of all pupils, staff and visitors having equal access to inclusive opportunities. We want to ensure that everyone is catered for and feels valued when food and drink is provided in school, and across all aspects of food education. • We practise vigilance, noting and acting if we see signs that a child is not eating well/is not well-nourished. • We ensure that the food offered is affordable and, where free offering of food is available, that this is accessed by those who need it, with no stigma attached. We host a weekly food pantry in partnership with The Felix Project to ensure that the most vulnerable families in our community have access to fresh, nutritious food. • We ensure that the food offered considers the diverse ethnic, cultural and religious backgrounds of our children and the varying medical/dietary needs some may have.

	• We ensure children and staff who are fasting are supported, allowing all to flourish spiritually and academically. Year 5 + 6 children are provided with a separate space at lunchtime during Ramadan. Parental consent must be given to allow children to fast. • We check that events involving food are not exclusive culturally or economically. • We ensure pastoral and safeguarding staff know the signs of disordered eating and can signpost children and their families to help. Everything outlined in our school food policy aligns with Article 24 of the UN Rights Respecting Gold Award in that: <i>Every child has the right to the best possible health, including healthy food and a clean environment.</i>
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Appendix 1 - Eatwell Guide



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Appendix 2 – Tower Hamlets Dessert Policy (March 2024)



As part of the Fantastic Food in Schools, Tower Hamlets will be supporting all primary schools in Tower Hamlets to implement a new policy regarding healthy school desserts. In the interest of promoting the health, well-being and educational outcomes of our students, the policy will focus on offering **fresh fruit; low or no sugar yoghurt; and cheese with unsweetened crackers** as dessert options.

Examples of desserts that conform with the new policy:

- Fruit salad
- Cut pieces of fruit
- Plain yogurt (with or without fruit puree, made from fruits, or unsweetened oats)
- Fruit yogurt with less than 5% sugar
- Cheese with unsweetened crackers/breadsticks

Examples of desserts that do not conform with the new policy:

- Cakes, biscuits, ice-cream
- Fruit smoothies or yoghurt-based drinks
- Baked fruit
- Fruit-based desserts (e.g. apple crumble, 50/50 cakes)
- Yogurt with over 5% sugar
- Cheese-based baked goods (e.g. cheese straws)

Theme days

We understand that food is part of celebrations for specific religious and cultural days. During celebrations, schools are encouraged to use decorations and the main (savoury) part of the school meal to make the day feel special. To ensure the school meal continues to maximise the nutritional intake of children, this policy allows no more than 2 non-compliant desserts per term, as part of theme days.

Rationale for new policy

This decision reflects our commitment to combat high levels of dental decay and excess weight in Tower Hamlets, and to support children to develop healthy eating habits from an early age. We believe that by encouraging nutritious choices, we can contribute to the long-term health and success of our children and improved behavioural and educational outcomes in the long term.

We are committed to working closely with schools and caterers to explore cost-effective options and ensure that the school meal in Tower Hamlets is appropriately funded with support to ensure high uptake. We have worked closely with our own contract caterer to develop menus that reflect this policy.

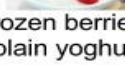
The Fantastic Food in Schools programme has resources and offers individual school support in implementing a whole school approach to improving the school food environment. It is important to engage the whole school community when making these changes and creating a healthier school food environment for Tower Hamlet's students.

Appendix 3 – Packed Lunch Guide for Parents



Two Week Packed Lunch Ideas



1. Chicken and salad wrap   water  chopped fruit  homemade popcorn	2. Tuna and salad pitta   water  plain yoghurt  satsuma	3. Hummus salad wrap   water  cherry tomatoes  frozen berries  plain yoghurt	4. Roast vegetable couscous   water  chickpeas  berries  plain yoghurt	5. Tuna and sweetcorn pasta salad   water  vegetable sticks  mixed berries  piece of cheese
6. Jerk chicken, rice and beans   water  cherry tomatoes  baby sweetcorn  mango	7. Hummus and cucumber bagel   water  carrot sticks  grapes  piece of cheese	8. Couscous, beans, peas, and carrots   water  plain yoghurt  banana	9. Leftover Dhal, rice, and tomatoes   water  plain yoghurt  grapes  cucumber sticks	10. Egg and lettuce sandwich (wholemeal)   water  chopped fruit  cherry tomatoes  piece of cheese

Try to include a variety of different food in your child's packed lunch.
Aim for a piece of fruit and some salad or vegetables every day.



Appendix 4 – Build a Balanced Lunch Box



BUILD A BALANCED LUNCH BOX – INCLUDE ALL 5 GROUPS (examples and quantities listed)

1. VEGETABLES - one or more every day

- Aubergine
- Beans
- Broccoli
- Carrots
- Cauliflower
- Cucumber
- Karela
- Lettuce
- Mooli
- Okra
- Peppers
- radish
- Saag
- Spinach
- Sweetcorn
- Tomatoes

2. FRUIT – one or more every day

- Apples
- Bananas
- Cherries
- Dates
- Figs
- Grapes
- Kiwi
- Lychee
- Mango
- Nectarines
- Orange
- Peach
- Pears
- Pineapple
- Raspberries
- Strawberries
- Watermelon

3. CARBOHYDRATE* - one every day (wholegrain where possible)

*cakes, biscuits, crisps are NOT included in this group

- Bread (including wraps, Roti, naan, flatbread,
- Crackers
- cereals
- Rice (including idli, dosa, rice cakes)
- Pasta
- Upma

4. PROTEIN – one portion every day

- Eggs
- Meat
- Tuna
- Salmon
- Prawns
- Lentils
- Beans
- Soy beans
- Tempeh
- besan
- tofu

5. DAIRY – one portion every day

*make sure all dairy is lower in sugar and the plant-based alternatives are fortified with calcium

- Milk
- Cheese
- Cheese spread
- Yogurt
- Lassi
- Paneer
- Plant-based alternatives*

Appendix 5 – Curriculum Content

LBTH Primary and Secondary Schools Healthy Eating Mapping

Relationships Education, Health and Wellbeing, Design and Technology and National Curriculum Science

PRIMARY – please delete if secondary

Statutory Relationships Education Relationships Education, Relationships and Sex Education (RSE) and Health Education Relationships Education, Relationships and Sex Education and Health Education guidance	Statutory Health and Wellbeing Relationships Education, Relationships and Sex Education (RSE) and Health Education Relationships Education, Relationships and Sex Education and Health Education guidance	Statutory Design and Technology – National Curriculum Design and technology programmes of study: key stages 1 and 2. National curriculum in England. P4, DfE (2013) National Curriculum - Design and technology key stages 1 to 2	Statutory Science National Curriculum 2015 Statutory guidance - National curriculum in England: science programmes of study – Updated 6 May 2015 https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study
Primary Content to be covered by the end of primary Respectful, kind relationships – The importance of self-respect and how this links to their own happiness. Pupils should have opportunities to think about how they foster their own self-esteem and build a strong sense of their	Primary Content to be covered by the end of primary <u>Physical health and fitness</u> Curriculum content includes: – The characteristics and mental and physical benefits of an active lifestyle	<u>Cooking and Nutrition</u> Pupils should be taught to: Key stage 1 – Use the basic principles of a healthy and varied diet to prepare dishes – Understand where food comes from. Key stage 2	<u>Year 6 Programme of Study</u> <u>Animals including humans</u> – recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function – describe the ways in which nutrients and water are transported within animals, including humans

own identity, including through developing skills and interests.	– The risks associated with an inactive lifestyle, including obesity. <u>Healthy Eating</u> Curriculum content includes: • What constitutes a healthy diet (including understanding calories and other nutritional content). • Understanding the importance of a healthy relationship with food. • The principles of planning and preparing a range of healthy meals. • The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). <u>Health protection and prevention</u> Curriculum content includes:	– Understand and apply the principles of a healthy and varied diet – Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques – Understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.	
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	– How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. – The importance of sufficient good quality sleep for health, the amount of sleep recommended for their age, and practical steps for improving sleep, such as not using screens in the bedroom. The impact of poor sleep on weight, mood and ability to learn. – About dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste, cleaning between teeth, and regular check		
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Secondary			
Statutory Relationships Education Relationships Education, Relationships and Sex Education (RSE) and Health Education Relationships Education, Relationships and Sex Education and Health Education guidance Schools should continue to develop knowledge of topics specified for primary as required <u>and in addition</u> cover the following content by the end of secondary.	Statutory Health and Wellbeing Relationships Education, Relationships and Sex Education (RSE) and Health Education Relationships Education, Relationships and Sex Education and Health Education guidance Schools should continue to develop knowledge of topics specified for primary as required <u>and in addition</u> cover the following content by the end of secondary	Statutory Design and Technology – National Curriculum Design and technology programmes of study: key stages 3 and 4. National curriculum in England. P4, DfE (2013) National Curriculum - Design and technology key stages 3 and 4	Statutory Science National Curriculum 2015 Statutory guidance - National curriculum in England: science programmes of study – Updated 6 May 2015 National curriculum in England: science programmes of study - GOV.UK
Respectful relationships Curriculum content includes: – The importance of self-esteem, independence and having a positive relationship with oneself, and how these characteristics support healthy relationships with others. This includes developing one’s own interests, hobbies, friendship groups, and skills.	<u>Physical health and fitness</u> Curriculum content includes: – The characteristics of a healthy lifestyle, including physical activity and maintaining a healthy weight, including the links between an inactive lifestyle and ill-health, including cardiovascular ill-health.	<u>Cooking and Nutrition</u> Pupils should be taught to: Key stage 3 – Understand and apply the principles of nutrition and health – Cook a repertoire of predominantly savoury	KS3 Biology <u>Nutrition and digestion</u> • the content of a healthy human diet: carbohydrates, lipids (fats and oils), proteins, vitamins, minerals, dietary fibre and water, and why each is needed • calculations of energy requirements in a healthy daily diet

Pupils should understand what it means to be treated with respect by others.	– Factual information about the prevalence and characteristics of more serious health conditions. <u>Healthy Eating</u> Curriculum content includes: – How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay, unhealthy weight gain, and cardiovascular disease. – The risks of unhealthy weight gain, including increased risks of cancer, type 2 diabetes and cardiovascular disease. – The impacts of alcohol on diet and unhealthy weight gain	dishes so that they are able to feed themselves and others a healthy and varied diet – Become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes and combine ingredients; adapting and using their own recipes] – Understand the source, seasonality and characteristics of a broad range of ingredients	• the consequences of imbalances in the diet, including obesity, starvation and deficiency diseases • the tissues and organs of the human digestive system, including adaptations to function and how the digestive system digests food (enzymes simply as biological catalysts) • the importance of bacteria in the human digestive system • plants making carbohydrates in their leaves by photosynthesis and gaining mineral nutrients and water from the soil via their roots <u>Physics - Energy</u> Calculation of fuel uses and costs in the domestic context • comparing energy values of different foods (from labels) (kJ) KS4 <u>Cell biology</u> • enzymes
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			- carbohydrates, proteins, nucleic acids and lipids as key biological molecules <u>Health, disease and the development of medicines</u> - the relationship between health and disease - the impact of lifestyle factors on the incidence of non-communicable diseases
	(Non-Statutory) Health and Wellbeing Secondary - Optional teaching of topics such as eating disorders “Secondary schools may also choose to teach about issues which are not listed in the secondary curriculum content. This includes topics such as eating disorders and self-harm. These topics can be taught about in secondary schools in a safe and sensitive way but are specialised areas and schools should use qualified support or advice, ensure that they are using reliable high-		

	quality teaching material, and signpost to external support as needed. Schools may consider accessing support from the NHS or local specialist services who may be able to provide advice and CPD for teachers. It is important that schools ensure that teachers are properly equipped to lead discussions about these topics, including what to do if a pupil makes a disclosure.” Relationships Education, Relationships and Sex Education (RSE) and Health Education. Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, and teachers, DfE, p25, July 2025 Relationships Education, Relationships and Sex Education and Health Education guidance		
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