



Food Policy

Key Document Details

School Name: St Mary's Primary School

Version no: 1

Author: Principal

Owner: Principal

Approved by: Regional Director for Primary Schools

Ratified date: September 2021

Interim review date: n/a

Next review date: September 2022

Food Policy

Rationale

It is key that children understand they can make choices about what they eat and drink and the effects of these choices on their body and lifestyle. Through nutritional education, modelling and encouragement children should eat a balanced diet, drink plenty of water and have a healthy future. A balanced diet can enable children to **learn, achieve, be happy and succeed** at St Mary's!

Aims and Objectives

In our school we aim to

- Provide practical nutritional education so children can make healthy choices.
- Encourage children to eat a balanced diet.
- Provide opportunities for children to eat fruit and vegetables and drink water at school.
- Ensure that food provided at school is of a high quality and promotes health.
- Ensure school has the capacity to provide a meal for all those who require one.
- Share ways of having a balanced diet with parents and carers at home.

Procedures and organisation

- In the Foundation Stage and in Key Stage One the children are provided with a snack sized piece of fruit or vegetable to eat at break time.
- In Key Stage Two the children are encouraged to bring in healthy snacks from home which can be a piece of fruit (dried or fresh), or a vegetable.
- In Key Stage Two the children are not allowed any other snacks, including crisps, cakes, sweets or other foods which are not a fruit or vegetable.
- Every class looks at the importance of a balanced diet and drinking plenty of water in PSHE, science, Design and Technology and other Curriculum areas during the school year.
- The children who have packed lunches are all encouraged to eat a balanced diet at lunchtime through discussion, modelling and praise.
- Cooked lunches include food from a variety of food groups each day and these are specified for children and parents on menus which are sent home Children have a choice of cooked dinners from a selected menu.
- Every child in the school has access to water throughout the school day.
- Opportunities are provided for children to explore foods and taste a variety of foods in the Foundation Stage and Key Stage One as part of the Foundation Stage Curriculum and National Curriculum.
- Opportunities are provided for children to explore and taste foods throughout the school on special days, such as French days, when the children have the opportunity to taste some foods from other cultures.
- Permission from parents is sought for children before food tasting takes place.
- Staff talk positively and encouragingly about the benefits and enjoyments of a balanced diet, often modelling this with healthy lunches and healthy snacks for themselves.

Resources

- Every child is asked to bring in a water bottle each day. A drinking tap is available in each classroom.
- A water fountain is located by the entrance ☒ Classrooms have access to drinking water.
- Fruit and vegetables for children in the Foundation Stage and Key Stage One are delivered every other day.
- Cooked lunches are ordered and cooked fresh daily.
- There are teaching resources related to teaching and learning about a balanced diet in school with Personal, Social and Health, Economic well-being Education, and Design Technology planning.

Equal Opportunities

- Children will be given equal access to snack fruit and vegetables in the Foundation Stage and Key Stage One. Across the school children will be given equal access to water without prejudice, whatever their age, ability, sex or ethnic origin.
- Significant consideration will be made where necessary for children with special health needs, or for children with religious beliefs which can effect diet.

Review Sept 2022