

**Food in School Policy**

At Belford Primary School we recognise the important connection between a healthy, well balanced diet and a pupil’s ability to learn effectively and achieve high standards in school. We therefore seek to provide a high quality food education and food service, and ensure consistency in food messages throughout the school.

What children eat today shapes how they’ll eat for the rest of their lives. Research shows that eating a well-balanced diet in childhood can help protect against chronic diseases later in life. This is one of the reasons why it is important for children to eat 5 portions of fruit and vegetables each day and why the government has invested financially in the Fruit in School scheme.

Food policy aims:

* Ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school.
* To ensure all members of the food community can make informed choices and are aware of the importance of healthy food.
* To implement the mandatory food based standards.(January 2015)
* Ensure school follows the principles laid out in the School Food Plan.
* To take a whole school approach to health eating and ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school.

The nutritional principles of this policy are based on the ‘eatwell plate’

http:www.nhs.uk/Livewell?Goodfood/Pages?eatwell-plate.aspx

School Food Plan

The school food plan hhtp:www.schoolfoodplan.com/ is an agreed plan published in July 2013. The principles of our school health eating policy incorporate those outlined in the School Food Plan.

Equal opportunities

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage. Cooking and Nutrition was brought in as a compulsory part of the national curriculum from September 2014. Schemes of work at all stages reflect the whole school approach to healthy eating and incorporate the Department for Education’s statutory guidelines.

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Medium term planning at all stages reflects the whole school approach to healthy eating.

Cooking and nutrition

As part of their work on food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. Learning to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. All pupils are taught the principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from.

Cross curricular

The school recognises that food has a great potential for cross curriculum work and is incorporated in teaching of a variety of subjects in addition to science and PSHE

Water bottles

Fresh drinking water is available in school but we recommend that children bring their own water bottles from home. Fridges in each class will keep the water cool during the day. Children **must NOT** bring juice to school in their water bottles.

Packed lunches

If you provide a packed lunch for your children can we please ask that it meets the food standards set out by the government. Packed lunches **should NOT** contain sweets, chocolate or fizzy pop. We recommend that squash, crisps and chocolate biscuit bars are only eaten occasionally.

Snacks

We understand that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. However, only fruit and vegetables snacks are permitted. School, with the help of the Friends of Belford Primary School, provide fruit snacks for children every day.

Milk

Milk is available free of charge for children under the age of five years. Older children can order milk from the school office. Milk is also available at lunchtimes each week.

Lunch

At Belford all food prepared by the school kitchen meets the national nutritional Standards for School lunches. Menus change on a termly basis taking into account children’s preferences.

Cultural and religious diets

Many people follow diets related to their culture or beliefs. School will make every effort to provide meals for all children. We have systems in place to help inform school form about these requirements.

Medical diets

Individual eating plans can be created for pupils with medical dietary needs/requirements.

Food safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local environmental health department about legal requirements

Date adopted Sept 2018

Next review Sept 20