



Food Policy

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Learning Together with Kind Hearts and Determined Minds

1 INTRODUCTION

In our school, we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of their behaviours, and encourage them to take responsibility for the choices they make.

The school promotes a balanced diet of all the food groups which incorporates the '5-A-DAY' ethos to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

2 RATIONALE

It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families about food and healthy-eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

3 AIMS AND OBJECTIVES

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community
- To encourage all children to eat five portions of fruit or vegetables each day

4 Breakfast club

The breakfast club operates daily in the school for all children from EY to Year 6. We target some children who we know have little or no time for breakfast in the mornings at home. The food offered

is healthy and is consistent with a healthy diet – e.g. toast, bread, low-fat spreads, fruit jam, low-salt/low-sugar fortified cereals and slices of fresh fruit. Children choose from water or milk.

5 Snacks

All our under-5s are entitled to free milk which is organised by the staff. EY children and KS1 children are provided a piece of fruit or vegetables each day.

6 School lunches and packed lunches

Our school meals contribute significantly to our drive to promote healthy lifestyles for our children. There are national nutritional standards that apply to school lunches, which we follow. Our school lunches are cooked in our own school kitchen and are prepared by experienced cooks who provide well prepared food made from fresh ingredients. We aim to make each meal time a pleasant social experience and the vast majority of our children take up a school dinner. Each day, a choice of two vegetables or salad are offered as part of a hot meal. The children also have a selection of fruit to choose from.

In September 2014 the Government introduced universal free school meals for all children from reception to year 2, the school assumes all children will take a school meal unless the parent/carer opts out ensuring a greater number of children receive a nutritionally balanced meal.

Children can choose to bring in their own packed lunch and we communicate to parents/carers about the expected contents of these in the school prospectus. We actively encourage parents/carers to include healthy options through our Health Lunchbox Ideas leaflet (Appendix 1).

7 Special Dietary Requirements

Whenever possible, we cater for the most complex dietary requirements:

Religious and ethnic groups
Vegetarians and vegans
Food allergy and intolerance

All kitchen staff have undertaken food allergy training.

8 Food Safety

Borough Green Primary has excellent facilities, suitable equipment and all food handlers are appropriately trained and all possible hazards are identified.

9 Water for all

Cooled water is freely available throughout the school day to all members of the school community. Children may drink water at any convenient time.

10 FOOD ACROSS THE CURRICULUM

Across the school, there are many opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

- Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus.

- Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.
- Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.
- RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.
- New Technologies can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.
- Food Technology as part of design technology provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking.
- PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image.
- Music can explore songs which link to the theme of food.
- Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.
- History provides insight into changes in diet and food over time.
- Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.
- School visits provide pupils with activities to enhance their physical development, e.g. trip to the IOW.
- After school clubs have included cookery and gardening.

11 PARTNERSHIP WITH PARENTS AND CARERS

The partnership of home and school is critical in shaping how children behave, particularly where health is concerned. Each must reinforce the other.

We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink juice or squash.

The Healthy Lunchbox Ideas leaflet, along with a letter reminding parents of the fact that we are a 'nut free school', are sent out at the beginning of each academic year, as well as distributed through the new starter and in year admissions packs.

Sometimes, children may complete a cooking activity as part of the broad and balanced curriculum in school. Any items cooked in school may be shared with classmates, at the teacher's discretion once allergy information has been checked.

12 ROLE OF THE GOVERNORS

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has expertise in this area.

Appendix 1

Pack your child a **HEALTHY LUNCH BOX**

Choose a variety of foods from each food group



Fruit	
+	
Vegetables	
+	
Dairy	
+	
Wholegrains	
+	
Lean meat & alternatives	
=	A Healthy Lunch Box



MAKE WATER
YOUR DRINK

PACK ICE BRICKS
TO KEEP FOOD
COOL

USE A THERMOS
TO KEEP FOOD
WARM

NSW
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This resource was developed and designed by the Health Promotion Service, Western Sydney Local Health District, with contribution by South Eastern Sydney Local Health District and Illawarra Shoalhaven Local Health District.