

Bryn St. Peter's C.E. Primary School

Food Policy

Introduction

Research has shown that in general today's children lead less active lives, and that increasing numbers are not just over weight but obese.

Bryn St. Peter's Primary School are currently working towards the National Healthy School Standard and an important section of this relates to educating children about nutrition, promoting healthy choices in diet, providing good role models and establishing good eating habits.

Aims

We intend that pupils leave this school fully informed about healthy eating, understanding how to make appropriate food choices and enjoying a healthy diet.

Promoting healthy eating

Drinks

- ✓ We ask that every child has a bottle of water with them throughout the day
- ✓ Those children who do not bring water have access to drinking water
- ✓ The only drink available at lunchtime are water

Morning Break

- ✓ We provide a healthy tuck shop for children in KS 2 which includes toast and a glass of milk
- ✓ Children in KS 1 are provided with a piece of fruit from the National School Fruit and Vegetable Scheme
- ✓ We ask that children who bring tuck from home bring healthy snacks such as those provided in school.

Lunch

- ✓ Children may buy a school meal, prepared on the premises, nutritionally balanced and meeting the latest government guidelines (2006) – controlled by MCCA.
- ✓ There is a salad bar to accompany any meal selected
- ✓ Pudding choices include fresh fruit and/or yoghurt
- ✓ Children may bring a packed lunch from home. Packed lunches should be nutritionally balanced containing for example a sandwich or an alternative savoury item, some

fruit or vegetable items and a chocolate bar/packet of crisp.

Displays

- ✓ Classroom displays reflect the work covered in food-related topics.
- ✓ Displays encourage children to behave in an appropriate, polite manner whilst eating.

Curriculum

- ✓ The importance of a healthy diet is taught across all year groups
- ✓ Children study diet when learning about the body in Science
- ✓ Healthy eating is taught through the PSHE+C curriculum

Reviewed December 2017