

## Food Policy

### Aim of Policy

The key aim of this policy is to develop healthy eating and drinking activities within the school that benefits children and staff associated with our school.

The Meadows supports the 'Healthy Eating 5 a day' campaign to encourage children to eat five portions of fruit and vegetables a day. This has been shown to reduce the onset of certain life threatening conditions e.g. heart disease, as well as being helpful in tackling childhood obesity.

### Definition

We define healthy eating as providing the body with well balanced nutritional food. These foods will ensure good health and well being. We aim to give children the skills they need to make healthy choices which will then remain with them throughout their lives.

### Aims and Objectives

1. To ensure that all drink and food in school promote the health and well being of pupils, staff and visitors
2. To give pupils information that will enable them to make healthy food choices.
3. To recognise that there is a connection between healthy eating and a child's ability to learn effectively.
4. To promote a well-balanced, healthy lifestyle
5. To provide the children with opportunities to learn life long skills e.g. cooking classes, gardening clubs.
6. To promote an environment where eating is encouraged as a positive social interaction of staff and pupils.
7. To ensure that all food prepared reflects the ethical and medical requirements of all staff and pupils.

### Food and Drink in our school

#### Snack Time

Snack will be provided for both Key Stage classes on a daily basis. This will be a healthy snack that will be prepared by the children daily. Snack could consist of the following:

Fruit - apples, pears, banana, grapes

Cucumber sticks

Carrot sticks

Dried unsweetened cereal  
Dried fruit

Cooked snack made by the children:

Savoury biscuits  
Bread rolls  
muesli bars

### **Water**

Each classroom has a water cooler that is accessible to all children. They may have free access to water at any time. Children will be regularly reminded and encouraged to drink water during the day.

### **Milk**

Milk will be available for Key Stage 1 children at snack times.

### **Lunches**

Children will be required to bring a packed lunch each day to school. The lunches will be kept in a fridge in each classroom.

The Meadows will encourage parents to make a balanced meal with plenty of fruit and vegetables, bread and protein. Children will be encouraged through out the lunch time to eat their food. Food not eaten in a packed lunch will be sent home to ensure parents are aware of what has been eaten.

Hot meals are also available - these are cooked in our nursery kitchen. They are part of a well balanced, healthy menu.

### **Birthdays**

Many parents like to celebrate their child's birthday in school as well as at home. We would encourage parents to consider healthy options instead of sending cake or sweets in as part of this celebration.

### **Dining Environment**

All meals will be eaten in the classrooms. We are committed to providing a welcoming eating environment to encourage the positive social interaction of pupils and teachers. It is recognised that eating in the classrooms has physical restraints - but despite this we aim to provide a calm ordered environment conducive to enjoyable eating and good manners.

Children eat together in family groups with each table having an older child as table leader.

- Children will be involved in laying the tables at each meal time.
- Water will be available at all meals - using jugs and glasses.
- All children will wash their hands and go to the toilet, before eating.
- Children will also be involve in the clearing of tables at the end of the meal ensuring that all rubbish is placed in the appropriate recycling bins.

**Celebrations and Festivals**

The Meadows recognises that food plays an important role in the celebration of different cultures and religious festivals. As part of our integrated curriculum children will have the opportunity to experience foods that are significant to different countries and beliefs.

**Food in our Curriculum**

Food can be used to enrich the curriculum. Throughout the school children will be introduced to healthy choices and given opportunities to experience food from different countries, historical periods and cultures.

**Out of School Extra Curricular activities**

Cooking Club, Gardening Club, Kwik Cricket (promoting exercise).

Signed:

Date: