

## Food and Healthy Eating Policy

Brookwood school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This is achieved through the whole school approach to food and nutrition documented in this policy.

We recognise the link between a healthy diet and lifestyle and pupils' ability to concentrate in class and learn. We recognise that sharing mealtimes is a way to nurture and celebrate our cultural diversity, and is an excellent bridge for building friendships and cementing inter-generational bonds.

It is our aim that every child is made aware of what constitutes a healthy diet and lifestyle. We promote a good eating ethos and our guidelines to parents encourage their support in achieving this. In turn this will help to improve overall health and provide pupils with a sound knowledge of what their bodies need to grow healthily.

Wherever possible, we avoid using food as a reward. Families are encouraged to provide a Birthday Book for the library as opposed to birthday sweets. Books or small stationery items are used as awards and gifts by teachers. Where possible this is encouraged at Parents' Association events.

We also aim to:

- Increase pupils' knowledge of food production, manufacturing, distribution and marketing practices and their impact on both health and the environment.
- Influence pupils' eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet and hygienic food preparation and storage methods.
- Ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- Make the provision and consumption of food enjoyable and safe.

### Curriculum

Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussion and role-play. Pupils explore food and healthy eating across the curriculum – for example, in science lessons they consider food groups, nutrition, taste, smell and texture and in Design Technology lessons they design (and prepare) food which is appropriate for different consumers' requirements and tastes.

### Food and drink provision throughout the school day

#### Breakfast

Breakfast is an important meal of the day and we operate a breakfast club daily for those children that require it. This provides a nutritious meal for pupils before the school day. All pupils are encouraged to eat breakfast before school.

#### Snacks

The school recognises that a snack can be an important part of the diet for young children. We run the free fruit scheme for Key Stage 1 children and they are encouraged to eat a piece a day at playtime. Key Stage

2 children are also encouraged to bring fruit for playtimes. Water is available all day from water fountains around school and the filter tap in the dining room, and the children are asked to bring a water bottle from home for use in the classroom.

### **Lunch**

Food prepared by the catering team meets the National Nutritional Standards for School Lunches. It is cooked daily on site. Parents are encouraged to pack healthy lunches for their children. We ask parents not to pack fizzy drinks, sweets or chocolate bars.

### **Resources**

A pupil-friendly cooking area is available in the dining/music room area where there is a well-stocked kitchen and an electric cooker which may be used with adult supervision. Healthy eating resources are available in school. Books are available for the children in the library. Some information is displayed in poster form around the dining room.

### **Special Dietary Requirements**

Parents are requested to inform the school if their child has any special dietary requirements. The school caterers will provide food in accordance with pupils' religious beliefs and cultural practices. They also offer a vegetarian option at lunch every day.

### **Food allergy and intolerance**

Parents are asked to inform school if their child has a food allergy or intolerance. Appropriate medical provision is made for these pupils and staff are trained in the use of EpiPens.

Although it is not possible to guarantee that the school is nut-free, we ask that no nuts or nut products are brought onto the school premises.

School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to the agreed process.

### **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 that adequate storage and washing facilities are available, that food handlers undergo appropriate food hygiene training and that suitable equipment and protective clothing are available. We consult our local Environmental Health Department about legal requirements.

Approved at Curriculum Committee: March 2016

Date for next review: Spring 2019