

# Eastfield Primary School - Enfield

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## Healthy Eating Policy



*Reviewed March 2022*

### INTRODUCTION

*The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.*

### FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and promotion of healthy lifestyles.
2. To provide healthy food choices throughout the school day

These aims will be addressed through the following areas:

### 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.

The school provides food in accordance with pupils' religious beliefs and cultural practices

Individual care plans are created for pupils with special dietary needs/requirements. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements e.g. for high-energy diets. School caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

### CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage in many areas of the curriculum to develop the children's understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions.

All staff have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum.

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## **FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

All pupils have access to drinking water throughout the school day and are offered milk once a day. All Early Years and KS1 receive fresh fruit daily.

The school operates a breakfast club that provides a nutritious start for pupils before the school day begins.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

The school encourages parents and carers to provide children with a healthy packed lunch which **must not** contain fizzy drinks, chocolate bars or sweets.

Date policy implemented: 3<sup>rd</sup> September 2014