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**The Fierté Multi-Academy Trust**

# Food Policy



## Document and Version Control

<b>Document Title</b>	Food Policy
<b>Effective Date</b>	Summer 2023
<b>Policy Owner</b>	Catering Manager
<b>Policy Approver</b>	Trust Board

Version	Date	Amended by	Comments
V1	Summer 2020	Linda Smith	Issued
V2	Autumn 2020	Linda Smith	Updated
V3	Summer 2021	Linda Smith	This policy replaces the Food Preparation Policy Equality Statement added
V4	Summer 2022	Linda Smith	No changes made
V5	Summer 2023	Linda Smith	See below

Section	Changes Made
4.3	Updated
4.4	Updated breaktime snack offer
5.1	Updated when the children can access fruit and vegetables
5.2	Links to the lunch box policy

## 1.0 Introduction

- 1.1 We are committed to ensuring that the children in our care grow into healthy adults.
- 1.2 Consequently, this Trust does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. Some schools within the Trust have achieved the National Healthy School Standard, and our Trust Food Policy is designed to contribute a vital element to our strategy of creating a school environment in which children can thrive. We believe that it is only through a whole-school approach that the key messages about food and drink can be really effectively conveyed. This document sets out our policy on this.
- 1.3 This policy has been equality impact assessed and we believe that it is in line with the Equality Act 2010 as it is fair, it does not prioritise or disadvantage any individual and it helps to promote equality across Fierté Multi- Academy Trust.

## 2.0 Aims and Objectives

- To help children know and understand the importance of food and drink in a healthy lifestyle.
- To give children the skills they need to make the right choices with regard to food and drink.
- To promote the physical and emotional well-being of all our children.
- To promote and understand the food chain through each school's curriculum and the opportunities presented across the Trust e.g. school garden, forest and farm areas.

## 3.0 The Curriculum

- 3.1 We will plan explicit teaching about healthy eating in our formal curriculum. For example, we will teach children about the preparation and cooking of healthy food in design technology classes, whilst in geography lessons, children will learn where food comes from and how it reaches the shops. In science, we will teach about nutrition and the needs of a healthy body. Through mathematics, we will teach children to measure and calculate size and weight. In English, we will provide opportunities for children to discuss, read and write about health-related issues, such as GM foods, and why some parts of the world have a surplus of food, while other parts have famine. In religious education, children will learn about how food is valued in different societies, and the part food plays in religious custom and practice. In physical education, children will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance. In PSHE, children will have the opportunity to reflect on food-related issues such as how food is advertised, and how we can enjoy treats without damaging our bodies. In school outdoor areas, pupils learn about livestock, crops, food chains and eco systems as well as sustainability and growing plants.

- 3.2 We will also promote healthy eating through the informal curriculum. For example, we will promote healthy eating regularly in assemblies. We will encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle. We will organise school visits to outdoor pursuit centres, and provide opportunities for children to explore the natural world. Our school site will be fully exploited in the interest of the children's physical and emotional development through playground activities including the school outdoor areas. We also actively promote cooking as a regular activity in all classes.

## **4.0 The School Environment**

- 4.1 We will ensure that our school environment promotes healthy eating. We will not allow children to bring sweets, crisps or chocolate into school at any time, except in Lunch Boxes if parents so wish (see 5.2).
- 4.2 We will try not to give sweets or chocolate as prizes or rewards for school activities.
- 4.3 We will encourage children to drink plenty of water by providing them with access to refill their water bottles frequently.
- 4.4 Children will be encouraged to eat fruit at break times if they wish to have a snack. The children are allowed to purchase a selection of fruit, toast, pancake, and milk or fruit juice at break times across all Trust schools. Reception and Key Stage 1 children have access to free fruit daily.

## **5.0 School Lunches**

- 5.1 We will serve only healthy food and drink for our school lunches. The lunches will be prepared by our school kitchen staff and a basic requirement will be that they provide a vegetarian option each day, that they always serve vegetables and fruit, and that all lunches have a balanced nutritional value. Pupils will be able to try a range of healthy snacks e.g. vegetables and fruit during the lunchtime service. Some food grown at school will also be used for pupils to try e.g. carrots, peppers or strawberries.
- 5.2 The parents of children who bring packed lunches will be made aware of our healthy school lunchbox policy and given clear guidance about what should be included in a healthy packed lunch.

## **6.0 Role of Parents**

- 6.1 We will work closely with parents to ensure that the messages about food and drink we give in school are reinforced and supported at home.
- 6.2 We expect all parents who send their children to our school to respect our healthy food policy and to support it fully through the food they give their children to bring to school.

- 6.3 During our annual meetings with the parents of our new September intake, we explain the importance we place on healthy eating and why we endorse this policy across the Trust.

## **7.0 Monitoring and Review**

- 7.1 The Trust Catering lead and Trust board will monitor this policy to ensure that our children are taught the importance of healthy eating. It will be reviewed on a regular basis, and at least once every two years.