



Placing children's rights at the heart of all we undertake.
· respect · integrity · humility · equality · care towards all

The Fierté Multi-Academy Trust

Food & Food Preparation Policy

1. Introduction

We are committed to ensuring that the children in our care grow into healthy adults. Consequently, this trust does its utmost to teach the children the key points about living a healthy life, including the importance of eating healthy food. Our menus are designed to fit the School Nutritional Standards, and our Whole –School Food Policy is designed to contribute a vital element to our strategy of creating a school environment in which the 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.

2. Aims and Objectives

- To help children to know and understand the importance of food and drink in a healthy lifestyle
- To help children learn what healthy food is
- 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 using the School Garden, Forest and Farm- 'Fom farm to Fork' and how food is grown.

3. The Curriculum

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, while 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 our school farm pupils learn about livestock, crops, food chains and eco systems as well as sustainability and growing plants. The new PSHE Curriculum will integrate how children can keep themselves healthy.

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 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 farm and forest areas. We also actively promote cooking as a regular activity in all classes.

4. The School Environment

We will ensure that our environment promotes healthy eating. We will not allow children to bring sweets or chocolate into school at any time and this is expanded into our healthy lunchbox policy. We will not encourage sweets or chocolates as prizes or rewards for school activities.

We will encourage children to drink plenty of water and have facilities to fill up bottles at any time. Squash is not permitted but aqua juice is allowed at lunchtime and is also available at the breaktime tuckshop.

Children will be encouraged to eat fruit at breaktimes if they wish to have a snack and there is also a variety of healthy snacks available at breaktime.

5. School Lunches

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, they serve two vegetables a day and there will always be salad or fruit available. All lunches will be within line of the School Nutritional Standards. Pupils will also be able to try food that has been produced in our garden.

Parents will be made aware of our healthy lunchbox policy and given clear guidance about what should be included in a healthy packed lunch.

6. Role of Parents

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.

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 into school.

During our annual new intake meeting we will discuss with parents the importance we place on healthy eating and why we endorse this policy.

7. Monitoring and Review

The governing body will review this policy to ensure that our children are taught the importance of healthy eating. It will be reviewed on a yearly basis.

Document Control

Document Title	Policy on Food and Food Preparation
Author	
Department/Subject	
Document Status	
Approval	

Publication Date	September 2019
Review Date	September 2020
Issued to	

Version Control

Version	Date	Amended by:	Comments