

Lakeside Primary School



Healthy Food and Drinks Policy

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Healthy Schools leader

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Healthy Food and Drinks Policy

We believe that education about health issues is very important for the development of our pupils both now and for the future. We acknowledge the important link between a healthy diet and the ability to learn effectively, and also recognise that school can play a significant role, as part of a larger community, to promote health issues. We aspire to improve the health of the school community by teaching ways to establish and maintain life-long healthy eating habits.

Aim - To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school.

1. The Formal Curriculum

Science - Pupils are taught aspects of nutrition, particularly dental health and the need for food in relation to activity, growth, health and well-being.

We promote health and well-being through science by:-

- promoting health understanding through the context of a healthy balanced diet, using the Balance of Good Health as a model.
- providing practical examples of recipes and activities to support food choice in relation to health.
- understanding the type, role and function of energy and a range of nutrients provided by food in the diet.

Science curriculum –

KS1

Y2

- find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

KS2

Y3

- identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.

Y4

- describe the simple functions of the basic parts of the digestive system in humans
- identify the different types of teeth in humans and their simple functions
- construct and interpret a variety of food chains, identifying producers, predators and prey
- introduce pupils to the main body parts associated with the digestive system, for example: mouth, tongue, teeth, oesophagus, stomach, and small and large intestine, and explore questions that help them to understand their special functions.

Pupils may work scientifically by comparing the teeth of carnivores and herbivores and suggesting reasons for differences; finding out what damages teeth and how to look after them.

Y6

- describe the ways in which nutrients and water are transported within animals, including humans

Pupils learn how to keep their bodies healthy and how their bodies might be damaged – including how some drugs and other substances can be harmful to the human body.

Pupils work scientifically by exploring the work of scientists and scientific research about the relationship between diet, exercise, drugs, lifestyle and health.

Design and Technology (DT)

Pupils are taught the knowledge, skills and understanding through investigating and evaluating products, focussed practical tasks, and design and make assignments.

We promote health and well-being in DT by:-

- encouraging pupils to taste handle and find out about a variety of fruit and vegetables
- investigating food preferences and making food products to meet their needs
- developing a range of practical food skills
- learning about food and nutrition issues
- implementing realistic and effective food hygiene and safety procedures
- designing and making food products – fruit and vegetable based recipes.

Some examples of how this may be discussed throughout school:

At Harvest Festival time pupils may look at different kinds of bread and talk about how they are made and where they come from. Pupils may look at the different ingredients needed to make a loaf of bread and how to make bread. They may then be able to taste it.

Year 1 Eat More Fruit and Vegetables - This unit develops pupils' understanding of designing and making with food and the importance of healthy eating. They make choices based on the properties of different fruit and vegetables in order to design and make a product for a particular occasion, or target group, to encourage them to eat more fruit and vegetables. Pupils investigate and taste different foods and develop vocabulary to describe the appearance, taste, smell and texture. This activity provides opportunities for pupils to apply hygienic practices and to use basic tools and equipment effectively and safely.

Sandwich Snacks -Pupils look at the different type of sandwiches available (e.g. open, rolls, wraps etc.) and find out about the fillings that include fruit and vegetables. Pupils are encouraged to make sandwiches that include a minimum of two types of fruit or vegetables.

Packed lunches – Pupils look at the different food groups on the healthy food wheel and create a healthy packed lunch that they would enjoy/could bring to school that includes all the elements of the food wheel.

Diversity week – Children get the opportunity to research, make and taste food from other cultures.

Personal Social and Health Education (PSHE)

Through Personal Social and Health Education (PSHE) pupils are taught about different factors that affect their personal health and relationships with others. In particular, PSHE plays a role in developing and promoting health throughout a whole-school approach.

We promote health and well-being through PSHE by:-

- promoting a healthier lifestyle through diet
- encouraging informed choice through fun and appropriate activities
- developing positive views towards physical activity
- developing a positive body image.

We deliver PSHE through the Jigsaw scheme of work which is a progressive scheme that builds on the pupils' knowledge and understanding year on year through the "Healthy Me" unit.

Year 1 objectives

- I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy
- I know how to make healthy lifestyle choices
- I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy

Year 2 objectives

- I know what I need to keep my body healthy.
- I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy.
- I can decide which foods to eat to give my body energy.
- I can make some healthy snacks and explain why they are good for my body.

Year 5 objectives

- I understand how the media and celebrity culture promotes certain body types.
- I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures.
- I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy.

Year 6 objectives

- I know the impact of food on the body, e.g. creating energy, giving comfort and altering mood.

Activities include-

- allowing pupils to make choices given to them in school about food
- exploring the reasons why a healthy lifestyle is important
- developing the whole-school food policy, looking at food choices throughout school.

Other Areas of the curriculum

We promote health and well-being through many other areas of the curriculum:-

Maths – for example weighing and measuring, recording data, calculating costs or reading temperatures and timings.

English – for example writing and following recipes/instructions, producing creative works (poems).

Reception class discuss the different fruits linked to the story 'Handa's Surprise'. They try various fruits and find out where they have come from.

Computing - for example recording the number of fruit and vegetables eaten in class and displaying this data as a series of graphs using a spreadsheet, undertaking basic nutritional analysis, using the internet to aid research.

Geography – for example finding out where different fruit and vegetables come from around the world and how they are grown in different climates.

History – for example looking at how food has changed.

PE – Children are provided with adequate water, especially in hot weather. We also discuss the effect of diet on sports performance.

Extra-Curricular Activities

Maths club regularly cooks to allow the children to use and follow recipes.

Participation in National Events and Initiatives

Lakeside has previously participated in the Healthy Schools award.

Consumption of Food at School

Each school day starts with Bagel monitors in the playground handing out fresh bagels to all children to ensure that they have all had breakfast before starting the school day.

Children are only allowed to eat either fresh or dried fruit and vegetables at snack time. All children eat at tables in the hall or picnic tables in better weather outside. Midday Supervisors encourage the children to demonstrate good eating habits and manners. There is water available for children who have not brought a drink in for lunchtime. Parents are encouraged to provide a healthy lunch for their child.

Pastoral Care and Welfare Issues

Allergies or any health concerns are noted on the child's admission form. Teachers rely on parents to inform the school regarding any new concerns.

SCHOOL MEALS

We believe that the messages that pupils receive about food and health from the daily life of school are as important to those given during lessons, and ensure that school meals are both healthy and tasty. By ensuring meals provided by the school kitchen are high quality we encourage as many pupils as possible to choose this as an option.

Further aspects of school meals:

- All children are encouraged to have vegetables, even if it is a small portion.
- All children are offered a choice of school meal, and children requiring special diets are well catered for.
- The school provides menus for parents and pupils to help them make informed choices about what they wish to eat, and to let them know about any allergens present in food. Menus are available through class teachers.
- The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.

DINING ROOM ENVIRONMENT

The school recognises the importance of lunchtime organisation on the behaviour of pupils and the value of promoting social skills. Teachers, caterers and lunchtime organisers work together to create a good dining room ambience and the development of appropriate table manners.

DRINKS

Children are encouraged to drink water at school particularly after PE, active play and in hot weather. Water fountains are available around school and the children are encouraged on a regular basis to bring in bottles from home, which can be refilled at these fountains, and drink from them throughout the day. The messages about drinking water are reinforced on a regular basis.

All infant children are encouraged to have milk. A specific time is set aside for this and those that do not wish to have milk get water instead. Fizzy drinks are not permitted in school even as part of packed lunches.