



# KINGS' SCHOOL

## HEALTHY EATING AND FOOD POLICY

Policy Reviewed by:	SLT	Nov 2018
Approved by:	Pupil Support	Jan 2019
Endorsed by:	FGB	Feb 2019
To be Reviewed	3 Yearly	Feb 2022

# Healthy Eating and Food Policy

## RATIONALE

At Kings' School we pride ourselves on providing the best education for all our pupils. We wish to extend this by taking an active part in improving the health and wellbeing of pupils through promoting healthy eating.

## AIMS OF THE POLICY - "Fuel the Body, Feed the Mind"

To endeavour to ensure that all aspects of food and drink consumed and on sale at Kings' School promote the health and well-being of pupils, staff and visitors.

To educate pupils and staff about the importance healthy eating.

## Procedure for the Implementation of the Food Policy

### Working with the School Caterer

The School and the Caterer must meet the standards for school food in England (January 2015). The School and the Caterer will offer the particular food groups as part of the school meal in order to achieve a balanced and varied menu which is refreshed on a regular basis.

The regulations can be found [here](#), a copy of this term's menu is [here](#) and allergy advice is [here](#). The school kitchen is a nut free zone.

### The school will provide information on healthy foods that should be included in lunch boxes from home

Some parents will decide to send in a packed lunch from home and they should be aware of the recommended guidelines set out by the British Nutrition Foundation. This information is given in the introductory Food course to all Year 7 pupils.

### Healthy Eating in Lessons

In Key Stage 3 Food Technology lessons pupils all learn about the aspects of Healthy Eating and Diet.

Pupils in Year 7 learn about the "Eatwell Guide", having lessons about specific nutrients found in food and prepare healthy dishes suitable for the family.

In Year 8 they learn how to "Make Changes" to their diet, in order to make dishes healthier, as well as preparing a selection of savoury and sweet dishes mostly on a foreign theme and also cooking on a budget.

In Year 9 they learn about "Diet and Diversity". This involves learning about Food Choice and practical work covers dishes to improve practical skills.

## **The School will provide a safe and healthy eating environment for pupils, staff and visitors having lunch in the School**

The School will provide a clean, sociable environment, indoors and out, for pupils to eat their lunch. The School requests that pupils behave appropriately and dispose of litter responsibly.

## **The School will continue to include work associated with healthy balanced diets in its curriculum**

As part of the work that pupils do in Science, Food Technology and for Personal, Social, Health Education, they will be taught:-

- Government guidelines for a Healthy Diet and the components it is made up of
- The importance of healthy eating both now and in the future
- Nutrition
- Food in History
- Cultural and moral influences on our food choice
- Menu designs
- Practical skills in designing and cooking healthy food
- Basic Food Hygiene and Safety

## **The School will ensure their school representatives are trained and keep up to date with current food and nutritional initiatives**

The School will ensure that all staff preparing, serving and working with food have received basic food hygiene training.

## **Pupil Voice**

Pupils sit on the menu steering committee and are regularly consulted about food options that they may like to see provided by the canteen through consultation and surveys as well as the School Council.