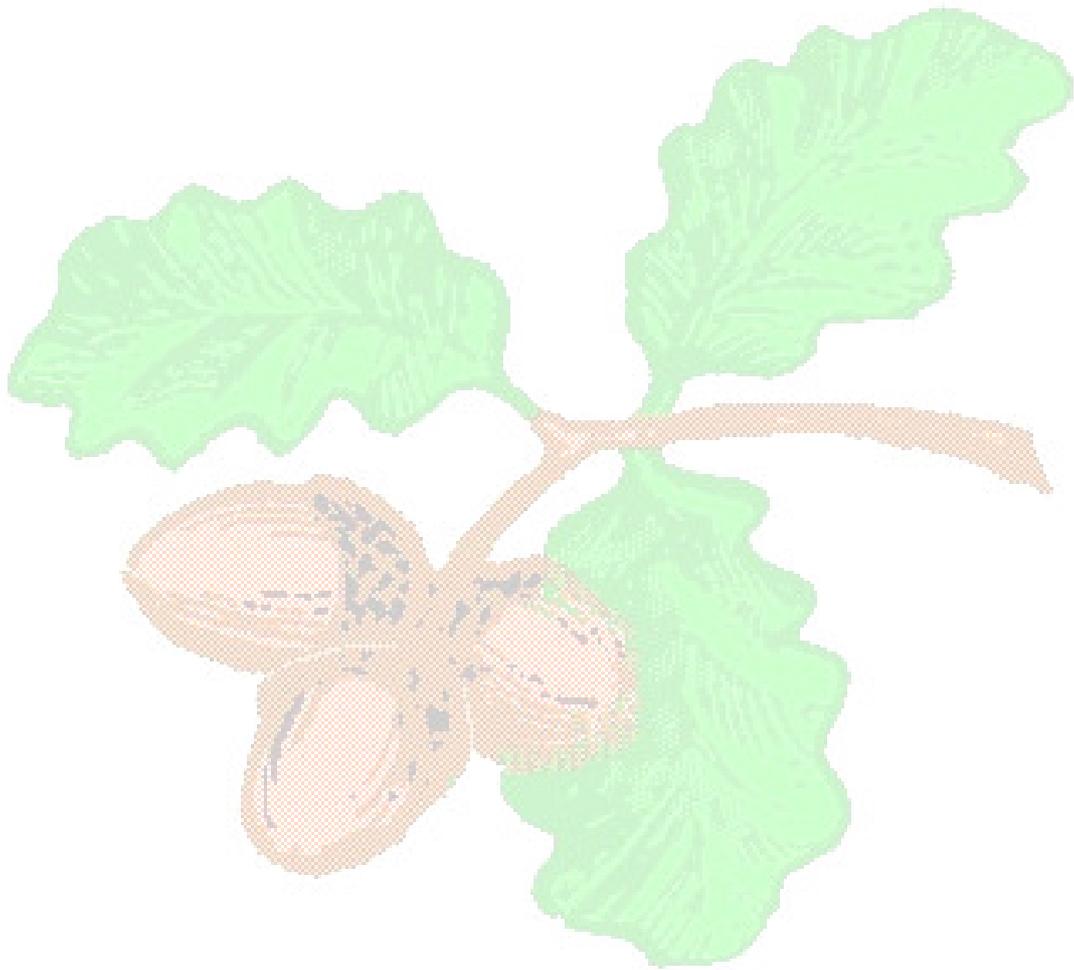


**Churchfields Infants' School,
Nursery Unit
& Language Facility**



**Food in School
Policy**

FOOD IN SCHOOL POLICY

Aims and Objectives

We are aware of “Keeping Healthy”, and the government’s concerns regarding the nation’s obesity mean that food and healthy eating are a key issue at this present time.

Churchfields Infants School recognises the important connection between a healthy diet and a child’s ability to learn effectively and to achieve high standards in school.

Our aims are

- to ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and the whole school community.
- to improve the health of pupils, staff and their families by trying to influence their eating habits through increasing their knowledge and awareness of food issues.
- to ensure that all staff and pupils have access to clean drinking water throughout the day.
- to ensure that food provision in school reflects the ethical and medical requirements of staff and pupils.
- to make the provision and consumption of food an enjoyable experience.

Food in school and curriculum planning

Food is discussed throughout the school in different contexts; during lessons, at playtime/lunchtime, or even in a general conversation. We try to inform the children about different foods, encourage them to try new food, and to assure them that all food is good to eat, although some should only be eaten in a small portion or as a treat.

Our year one children, while studying plants in science, learn about the parts that we eat. They also complete a “Design and Make” activity involving fruit salad. During their Literacy lessons they also focus on a book called “The Pizza Princess”, talking about the most appropriate and healthy toppings. Year two have a focus on healthy food, talking about their packed lunches, as well as school dinners, and the different food groups that we all need to eat. They also learn about the relationship between food, exercise and staying healthy. During the year they visit a local supermarket to find out about different types of food, and how it is stored safely within the shop.

For one week during each term there is a focus on some aspect of food for our whole school assemblies.

The Foundation Stage

Both the nursery and the reception classes include cooking activities on a regular basis. The items that are cooked/prepared are considered to be fairly healthy. For example, the reception children make vegetable soup, fruit salad, pitta bread pizzas (vegetarian, with 3/4 toppings to choose from), bread, potatoes and biscuits. Wherever possible the children are encouraged to sample the ingredients, particularly if it is something new for them. The nursery children cook items that relate to their topics, for example they make jelly during their work on water. At relevant times during the year they also have food from other cultures available for the children on the snack table.

Food in school and children with special needs

As well as our children with SEND, we also have children within school who have protocols because of allergic reactions. These children are recognised by all staff, who receive training regarding anaphylaxis on a regular basis. They are all asked to provide a packed lunch on a daily basis, and if necessary the other children in their class are requested not to bring food that they are allergic to. Whenever these children are involved in cooking activities, the food is carefully planned so that they can be included. Our SEND children, where appropriate, are as actively involved in food activities as the rest of the children in their class.

Food in school and ICT

The internet is used, when appropriate, to show children different types of food and where it comes from. There is a programme that allows the children to make up an imaginary sandwich, using the “click and drag” technique. Simple City also allows the children to see video clips of life in a café, and the children can also make up a plate of food for an imaginary person with particular tastes (no meat/cheese).

Food provision in school

Our catering service, Initial, have produced a menu that is in line with the Government standards. Parents may wish to send their child with a packed lunch, and the school brochure provides them with advice about what is appropriate. Sweets and chocolate are not allowed in packed lunches, and our mid-day assistants do monitor this. We have no tuck shop, or vending machines within our school. Our children enjoy the free fruit that is available, and many parents choose to purchase milk for their children to have at morning break. If the children wish to celebrate their birthday with their friends in school, they are allowed to bring plain biscuits for sharing. Any children with allergies keep a supply of “safe” biscuits in the medical room.

Resources

Wherever possible the children should experience real food. Resources within the school include big books, (The Pizza Princess, Eating Plants, Lunchboxes, Cool Food) posters, photographs and magnetic food items to choose and discuss.

Monitoring

The science co-ordinator and the PSHE co-ordinator will monitor the teaching and learning relevant to their subjects.