

# **HEALTHY EATING POLICY**

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## **Rationale**

Good health is vital and healthy eating, being one of many contributors to this, can influence physical, mental and social well-being. Key Stage One's staff are dedicated to helping each child understand the role of healthy eating in achieving good health as part of the curriculum as well as creating strong partnerships within the community. The school will not be responsible for policing food eg what is sent from home in a lunch box.

Healthy eating is a life style choice however, if teachers observe a pattern of unhealthy choice, which may be harmful over time, the Class Teacher should make an opportunity to discuss this with a parent. For e.g. daily chewy sweets in a packed lunch, squash in the class water bottle, narrow choice or small amount taken when buying their meals from on KS1 Healthy Eating Cart.

## **Aims**

- To provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.
- To raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
- To develop a positive attitude towards their eating habits.
- To provide opportunities within the key stage to pursue a healthy diet.
- To help the children understand that some foods should be eaten in moderation.

## **Curriculum, Organisation and Delivery**

Pupils are given the opportunity to use all their senses as appropriate to explore different foods as part of topic work. Whenever possible children are encouraged to prepare and taste traditional foods from their own culture and other cultures for example through the celebration of different festivals. In KS1 healthy eating is addressed through:

- Cross-curricular links with PSHE, DT, science and others.
- Explanation and modelling by all school staff
- Discussion between the teacher and pupils and between the pupils themselves
- Healthy Living Enrichment Classes

## **KS1 Healthy Eating Cart**

The Cart sells different fruit or vegetable available each day such as apples, pears, oranges, bananas, strawberries, cherry tomatoes and peeled carrots and cucumbers. This provides the children with a daily healthy snack. We provide a healthy cart menu which encourages pupils to try a range of healthy items.

## **Morning Break**

Children in KS1 may bring a healthy snack such as a piece of fruit or vegetables to school for morning break.

## **Lunch Time**

Once again the KS1 Healthy Eating Cart offers a choice of foods, which allows the pupils to exercise their

knowledge of healthy eating. Menus are displayed for the children and are available in leaflet format for parents. All of the children at lunchtime are encouraged to sit in friendship groups to promote a happy and social experience. Additional copies are available for parents. Any uneaten food is returned in the children's packed lunch boxes so the parents can be aware of what the child has eaten whilst at school. The children are encouraged not to have sweets and make healthy choices within the curriculum however fizzy drinks are not allowed.

### **Drinking Water**

All children are encouraged to bring a water bottle to school daily, these are stored in their classrooms and are easily accessible at all times. They are available to purchase from the KS1 Healthy Eating Cart. If a child forgets their water bottle, school staff will provide them with a spare one until they bring their own into school. Water and milk is are both sold throughout the day.

### **Monitoring and Evaluation**

Monitoring of more general aspects of healthy eating, that pervade school life, such as healthy snack and drinking water; will be carried out informally through observation, discussion and consultation with staff.

### **Equal Opportunities**

Healthy eating is for all pupils regardless of gender, race, culture, religion, ability or any special educational need. This will be taken into account when planning the healthy eating curriculum and new initiatives.

### **Cross Curricular Links**

There are opportunities for raising awareness of healthy eating in all areas of school life. Specifically many aspects of healthy eating will be found in the Science and schemes of work and Enrichment Classes.

### **Health & Safety**

All activities will be in line with school health and safety policy.

## **POLICY MONITORING AND REVIEW**

This policy will be monitored and evaluated by the Head of KS1 in consultation with all staff on a regular basis.

*Policy reviewed Aug 2017. Next review date January 2018.*