

# HEALTHY EATING POLICY



# **Whitehouse Primary School**

## **Healthy Eating Policy**

Children need a nourishing diet to maintain and protect their health both now and throughout their lives. The seeds of good health and disease are sown in childhood, and good nutrition is essential for good health.

Improving children's food habits can be a struggle, even in a school setting, but Whitehouse Primary School is committed to producing a healthy food policy, which will practically reflect in the menu what is taught in the classroom.

The children will have the opportunity to learn through the curriculum and the dining room what is best for their enjoyment and their lifetime's health.

This whole school food policy has been developed and is promoted by the School.

The School's determination to make healthy eating an issue of educational importance and relevance throughout the year groups has already been recognised. It has already been awarded the Standard for Healthy Eating within the NHSS.

### **Healthy Eating Policy Statement**

Purpose:

- To ensure that pupils have the opportunity to choose healthy meals and snacks in School.
- To encourage a healthy lifestyle through the association of healthy food with exercise and the promotion of health enhancing habits.
- To promote a positive outlook on life and an awareness of the consequences of healthy and unhealthy choices.

From the age of five, children have increasing control over what they eat. They need information to make informed choices and understand the possible health consequences. During Foundation Stage, Key Stage 1 & 2 children will be given the opportunity to develop the following knowledge, skills and attitudes.

Foundation Stage:

- Know there is a wide variety of food and that choice is based on need.

Key Stage 1.

- Know there is a wide variety of food and that choice is based on need and culture.
- Know that food is needed for health and growth and that some foods are better than others.

Key Stage 2.

- Know that diet is a combination of foods, each with different nutrients.
- Know that nutrients have different effects on the body, and the amounts in the diet, and balance between them, can influence health.
- Know how to handle food safely.

#### Guidelines:

- Accurate factual information will be given as part of a spiral curriculum ( in which recurring topics are discussed at an appropriate level of complexity and language for the age group)
- Healthy lifestyles will be promoted both in individual subject areas and in a cross-curricular way through the Personal, Social and Health Education programme. Food, nutrition and basic food hygiene will be essential elements of the Programme.
- The School will ensure that food handlers are trained in appropriate hygiene and work practice.
- The School will provide and continuously promote healthy eating food choices (at lunchtime, breakfast club and after school clubs), ensuring that a substantial proportion of food available is of a healthy nature.
- The School is committed to informing parents/carers of views, policy and learning linked to Healthy Eating hoping that they will continue to promote a healthy lifestyle within the home.

