

WARDEN HILL PRIMARY SCHOOL

Food and Drink Policy

Member(s) of staff responsible	Paul Hiatt
Governor responsible	Julian Kingswood
Sub-Committee responsible	Resources
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Date discussed with pupils	
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Date approved at Governing Body	As above
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Document Version Control

Issue Number	Issue Date	Summary of changes
1.0	2006	Original Issue
2.0	Nov 2011	Reviewed, updated to be inline with current best practices

Warden Hill Primary School actively supports healthy eating throughout the school day. The School supports the '5 a Day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity. This policy document was produced in consultation with the entire school community, including pupils, parents, school staff, Governors and the local Healthy School Standards representative. This document is freely available to the entire school community.

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.

Reception

Pupils look at different lunchboxes and talk about the different types of food e.g. growing food, food to give us energy, food to keep our skin healthy and drinks etc. Pupils make pretend healthy lunchboxes to show each other.

Year 1 Growing Plants and Ourselves

These units introduce pupils to the idea of plants as living things which grow and change. Pupils learn that humans eat some plants. They discuss the

journey a crisp makes from potato to lunchbox. Pupils discuss aspects of diet and healthy eating.

Year 2 Health and Growth

Through this unit pupils learn that animals (including humans) grow and reproduce. They can use ideas about feeding and growth to learn about ways we need to look after ourselves to stay healthy.

Year 3 Teeth and Eating

This unit develops pupil's knowledge of their personal health and how this relates to diet through work on fruit and vegetables and health. We use the Balance of Good Health model to introduce food groups and how these contribute towards health and the concept that food provides energy and nutrients.

Year 4 Moving and Growing

Through this unit pupils learn about food to help us grow and to give us energy as well as food to keep us healthy.

Year 5 Keeping Healthy

Pupils learn about what constitutes a healthy diet, including food from different food groups. Pupils keep a diary of portions of fruit and vegetables and the number of other snacks they eat each day for a week. The data is then used to construct a bar diagram or graph to show variations over the week. Pupils discuss portion sizes and how they are able to get 5-a-day. We teach pupils about the role and function of energy and nutrients (including fibre and water) provided by food. The importance of water in the diet is emphasised.

Year 6 Micro-organisms

Pupils learn that there are many small organisms called micro-organisms, which feed, grow and reproduce and may be harmful or beneficial. They learn that micro-organisms can cause illness and they learn about food safety in handling and storage and the problems of mouldy food. Pupils learn that decay can be beneficial (composting). They also learn about micro-organisms in food production, e.g. yeast, yoghurt.

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.

Reception

At Harvest Festival time pupils look at different kinds of bread and talk about how they are made and where they come from. Pupils look at the different ingredients needed to make a loaf of bread and how to make bread. They are then able to taste it. Pupils visit Postlip Hall and see how their vegetables are grown. Pupils have brought vegetables back, to make a soup. Pupils learn about cooking and hygiene. Pupils have the opportunity to make cakes and to ice biscuits in the summer term.

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.

Year 3 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.

Year 5 Bread

Pupils investigate different types of bread, including those including grains other than wheat and those not using yeast. They taste various breads including some with extra ingredients added to the dough or on top. They learn how bread is made and watch a demonstration of how to make a loaf from a simple recipe using wholemeal flour. In groups they design a recipe for bread for a particular occasion, e.g. Bonfire night or Halloween, and make their bread, which they then taste and evaluate.

Citizenship and 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 Citizenship and PSHE by:

- Promoting a healthier lifestyle through diet.
- Encouraging informed choice through fun and appropriate activities.
- Developing positive views towards physical activity.

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:

- Numeracy - for example weighing and measuring, recording data, calculating costs or reading temperatures and timings.
- Literacy - 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.

- ICT - 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. In Year 5, pupils learn about what happens to our waste water and how it is cleaned. They visit a sewage works, but learn that there are water treatment works that clean our water for drinking.
- History - for example looking at how food has changed (Roman era, Victorian era, 1950's, WW2)
- PE - Children are provided with adequate water, especially in hot weather. We also discuss the effect of diet on sports performance.
- Educational visits - The children are encouraged to eat healthily on residential visits. The pupils are expected to assist in laying tables, clearing tables and washing up. The Y4 and Y6 pupils prepare their own packed lunch from ingredients provided.

Equipment and Resources

Cooking equipment is kept in classrooms and it can be borrowed from the school's kitchen.

Ingredient Provision

Teachers choose to either charge for ingredient provision, ask for ingredients to be sent in to school or provide from appropriate curriculum budgets.

Continuing Professional Development for Staff

Any information and useful ideas will be disseminated to staff by the relevant subject leader. All new documents will be brought to the attention of staff. All staff are encouraged to attend appropriate courses (within the limitations of time and finance).

2. Extra Curricular Activities

At present there is a cooking club related to this policy, and the school is considering developing a vegetable growing area.

3. Participation in National Events and Initiatives

All Reception and Key Stage 1 pupils receive a daily piece of fruit or vegetable as part of the national fruit and vegetable scheme. Key Stage 2 pupils can provide their own fruit or vegetables for mid-morning break. All under 5s are entitled to free milk, which they have at break. It is available for a charge for the over 5s.

Warden Hill Primary School was awarded Healthy School Status in November 2011.

4. Provision of Food at School

At present the school is not able to provide any cooked food for lunch but this is being explored for possible future provision.

It has been suggested that lack of water intake during the day may cause some adverse health effects and impairment of cognitive function.

Therefore our children are encouraged to drink water regularly. Water is available to children throughout the school day.

5. Consumption of Food at School

Children are only allowed to eat either fresh or dried fruit and vegetables at break time. Pupils are encouraged to dispose of their waste in the available compost bins.

All children eat at tables in the hall or classroom, or picnic style 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.

6. 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.