

# Healthy Eating

**Pupils have the confidence, skills and understanding to make healthy food choices. Healthy and nutritious food and drink is available across the school day.**

## **A Healthy School:**

- 2.1 has identified a member of the SMT to oversee all aspects of food in schools
- 2.2 ensures provision of training in practical food education, including diet, nutrition, food safety and hygiene for staff
- 2.3 has a whole school food policy – developed through wide consultation, implemented, monitored and evaluated for impact
- 2.4 involves pupils and parents in guiding food policy and practice within the school, and enables them to contribute to healthy eating and acts on their feedback
- 2.5 has a welcoming eating environment that encourages the positive social interaction of pupils (see Food in Schools guidance)
- 2.6 ensures healthier food and drink options are available and promoted in breakfast clubs (if established or planned), at break and at lunchtimes - as outlined by Food in Schools guidance
- 2.7 has meals, vending machines and tuck shop facilities that are nutritious and healthy (see Food in Schools guidance) and meet or exceed National Standards and is working towards the latest DfES guidance on improving school meals service
- 2.8 monitors pupils' menus and food choices to inform policy development and provision
- 2.9 ensures that pupils have opportunities to learn about different types of food in the context of a balanced diet (using the Balance of Health), and how to plan, budget, prepare and cook meals. Understanding the need to avoid the consumption of foods high in salt, sugar and fat and increase the consumption of fruit and vegetables
- 2.10 has easy access to free, clean and palatable drinking water, using the Food in Schools guidance
- 2.11 consults pupils about food choices throughout the school day using school councils, healthy school task group or other representative pupil bodies.