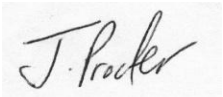
Framfield
C of E Primary School

PIONEER
FEDERATION

Healthy Eating Policy

Review cycle:	1 / 2 / 3 years	**Date:** October 2026
Approved by:	Full Governing Body / Executive Headteacher	
Changes made in this review cycle:		
Linked policies:	Health and safety policy PSHE policy	
Signed:		**Date** October 2026
Position:	Healthy School Lead	
Date of next Review:	October 2029	

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INTRODUCTION

We are dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides. The governing body will ensure that both, the food provided in the school and advice given to pupils, promote a healthy lifestyle.

HEALTHY EATING POLICY AIMS

The main aims of our school food policy are:

• To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.

• To provide healthy food/drink choices throughout the school day and ensure that food brought into school is healthy too.

• To ensure that pupils are being guided to lead active and healthy lives.

• We believe eating is more than just 'refuelling' but should be an informal social situation where children work together, share responsibilities, and make new friends across the school.

These aims will be addressed through the following areas:

EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage.
This is addressed through:

Teaching Methods

We will plan explicit teaching about healthy eating in our formal curriculum. For example, we will teach children about the preparation and cooking of healthy food in design technology classes, while in PSHE, children will have the opportunity to reflect on following a heathy lifestyle. In science, we will teach about nutrition and the needs of a healthy body. Through mathematics, we will teach children to measure and calculate size and weight. In religious education, children will learn about how food is valued in different societies, and the part food plays in religious custom and practice. In physical education, children will have the opportunity to learn how their body reacts to exercise, and the importance of food and drink to participation in sport and dance.

We will also promote healthy eating through the informal curriculum. For example, we will promote healthy eating regularly in assemblies. We will encourage children to participate in school games, clubs and sports and so learn the enjoyment of a healthy lifestyle. We will encourage children to grow their own healthy snacks, in our growing area.

Leading by example and staff training

Staff have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this staff will be regularly updated through staff meetings, emails/letters and discussions.

Visitors in the classroom

We believe it is the responsibility of the school to ensure that the contributions made by visitor to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that

the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

Resources

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. Additional books are available for pupils in the library.

Evaluation of pupils' learning

The healthy eating aspects of the National Curriculum are assessed through Teacher assessment. Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

SNACKING

We understand that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. Children may bring in fruit, vegetables or cereal bars (not covered in chocolate) for their mid-morning break. EYFS and Key Stage 1 pupils are provided with an additional free piece of fruit or vegetable on a daily basis.

FOOD AND DRINK BROUGHT INTO SCHOOL

Contractors providing food to the school

We will serve only healthy food and drink for our school lunches. Our school contractors Chartwells will prepare the lunches. A basic requirement will be that they provide a vegetarian option each day, that they always serve vegetables and fruit and that all lunches have a balanced nutritional value.

Packed lunches

The parents or carers of children who bring packed lunches will be made aware of our whole school food policy and given clear guidance about what should be included in a healthy packed lunch - see Appendix 1.

Water bottles

We ask children to bring in water bottles daily to school. They are encouraged to drink water regularly, with spaces with in the class for these to be kept. Water is also served to pupils in the dining hall with their lunch.

Role of parents and carers

We will work closely with parents and carers to ensure that the messages about food and drink we give in school are reinforced and supported at home. We expect all parents and carers who send their children to our school to respect our whole school food policy and to support it fully through the food they give their children to bring to school. There may be occasions such as birthdays where families send in confectionary for their child's class. These will be shared at the end of the school day and eaten off of the school site.

SPECIAL DIETARY REQUIREMENTS

Individual care plans are created for pupils with food allergies or special diets. These document symptoms and adverse reactions, actions to be taken in an emergency and emergency contact details.

FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled.

Hot Drinks

All staff, including visitors, work experience students and volunteers should adhere to the following policy: hot drinks in an open mug may be offered in a designated safe area where there are no pupils present. All hot drinks taken out of the staff room into school must be in a sealed thermostatic drinking cup. If a pupil should inadvertently be in the room where hot drinks are being consumed, then every effort must be taken to minimise potential risk to the pupil.

APPENDIX A

Acceptable food in school:

Fruit

Vegetables

Meat, fish, eggs, beans and other non dairy sources of protein

Cheese

Breads, wraps, muffins and bagels

Plain crackers or breadsticks

Pasta, Rice

Couscous

Yoghurt and fruit based deserts (at least 50%)

Flapjacks, cereal bars and oat cakes

Popcorn, plain

Rice cakes

Food and drinks not allowed in school: (if you are unsure, please ask)

Nuts or nut based products

Fizzy drinks (carbonated) and sugared drinks

Gum

Avoid snacks with added sugar, salt or fat (where possible)