

**Harbinger Primary School.**  
**Healthy Eating/Food policy February 2007.**

**Aim**

We aim to ensure that all children **and families?** understand the need for a balanced diet, good nutrition and being well hydrated.

**Objectives**

**To provide children with food that is nutritious during the school day.**

- Providing a daily breakfast club
- Providing school dinners that give children an option of a home cooked meal, vegetarian dish and catering for children with specific dietary requirements or food allergies.
- Creating EYU snack corners (milk, fruit and toast)
- KS1 fruit
- Water all times
- Milk available to all children all day.

**To encourage children to independently make healthy food/drink choices.**

- Teaching about the effect of diet and nutrition on health and learning
- Providing water to children all day
- Promoting healthier food options during school parties/celebrations
- Directing children to different food groups during dinner times
- Discussing what makes a good packed lunch before going on trips
- Explicit guidance on drinks/snacks to be consumed at school
- Working with parents and carers

**To provide a curriculum that includes age appropriate food education.**

- All year groups teach a unit of work on healthy eating
- All children having access to cooking club
- Continuing professional development for staff
- Modelling of good food choices and discussion about why choices are made.
- School council annually reviewing school meals.
- Referring families to the school nurse so that concerns about family nutrition can be worked on
- Parent classes based around food education
- Children on school journey contributing to menu planning and food preparation

**To provide children with knowledge of the range of food that is available for them to choose from.**

- Cooking in golden time
- Cooking across the curriculum (DT, English, RE, EYU clubs)
- Explicit teaching of food categories as part of the school curriculum
- Half termly themed lunch times e.g. Spanish day
- Growing food
- Educational visits that allow children to find out more about food i.e. billingsgate market, pizza express, grocery shopping in EYU
- Menus sent home

### To provide an eating environment that promotes healthy eating and positive behaviours around food.

- Menus on display
- Food display in dinner hall
- Salad and fruit available with every meal
- Varied and nutritionally balanced menus
- Promoting independence in eating and food choices.
- Use of circular tables, table cloths, ready set tables and quiet voices to promote a calm and pleasant eating atmosphere.
- A mix of boys and girls sitting at every table
- In the EYU reception children supporting nursery children at meal times
- Reception children experiencing KS1 meal times gradually through a buddy system.

### Monitoring and Evaluation

- PSHE team to monitor curriculum to ensure cross curricular opportunities for food education are utilised.
- PSHE team to monitor unit plans for progression and content. School council to meet annually to monitor and discuss school dinners.
- PSHE team to review and update policy
- Tower Hamlets monitoring of school menus twice a year.
- Tower Hamlets monitoring of Harbinger school meals and kitchen practices bi-annually.
- Packed lunches monitored by meal time supervisors at school, or class teachers on school outings.
- Meal time supervisors guide children in choices that they make for lunch.
- Governor to monitor school lunches on designated visits
- **Head/ senior meals supervisor and pupils regularly monitor menus**