

Recreation Road Infant School

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Headteacher: Serena Dixon

FOOD POLICY

Aims:

- To ensure that our school is a Sustainable School
- To ensure that all aspects of food and drink in school promote the health and well-being of pupils, staff and visitors
- To ensure that pupils are equipped with knowledge and experience to allow them to make healthy lifestyle choices
- To maintain our National Healthy Schools Standard

Consumption of Food and Drink Whilst at School:

All children are provided with a piece of fruit or vegetable for a mid-morning snack. This is part of the Fruit and Vegetables in Schools Scheme and helps to ensure that children are eating a portion of their recommended five a day fruit or vegetable.

All children are encouraged to bring in a bottle or flask of drinking water. These are available throughout the day for children to drink from. Water is also served with lunches. Children can also order and drink milk.

Our School Meals are provided by Norfolk Catering Services and adhere to nutritional Guidelines.

Pupils bringing packed lunches from home are encouraged to make healthy choices and are discouraged from having sweets in their lunch boxes. Any uneaten food is returned to the lunchbox allowing parents and carers to monitor what has been eaten through the day.

Lunchtimes are monitored by midday Supervisory assistants who will inform staff if there are any problems with eating. Staff will then liaise with parents and carers.



Curriculum:

As part of our Science and Design Technology and PSHE curriculum children get the opportunity to learn about food and cooking.

Through snack times children get to talk about fruit and vegetables: what they like, where things grow, how they can be cooked, vitamins and descriptions of taste, texture and smell.

Cooking and eating sessions are used to develop social and communication skills as well as sharing information about food.

Wherever possible children are introduced to foods traditionally used in celebrations, foods from different countries and cultures.

Children are given opportunities to shop for, prepare and cook a variety of foods. Our school grounds are used to develop gardening and therefore any produce the children grow is eaten or cooked with. Children also consider issues of waste and composting.

We are working to become a Fairtrade School.

Facilities:

We have a small designated kitchen area for cooking sessions. This is organised by rota so that all classes have access to it.

Unfortunately we do not have a separate dining area and so children eat in the hall or in their classroom. When the weather allows we picnic outside.

Future Developments:

See Sustainable School Action Plan

Training:

Many of our Support Staff hold Basic Food Hygiene Certificate. MSA s are encouraged to undertake training where possible.

Monitoring:

Our School Council have opportunities to discuss school meals and organisation of lunches. Curriculum content and progress in learning is monitored by subject leaders and link Governors. Our Leadership team eat with the children to monitor and the quality of these.

Signed:.....Chair of Governors

Signed.....Headteacher

Date.....



Enjoying Lunch, Chinese New Year Cooking, Pancakes-savoury or sweet?