

John Ruskin Primary School and Language Classes

Food Policy

Co-ordinator: Hannah Cane

Last review: Sept 2023

Next review: 2026



“Be Responsible, be fair, stay positive and care”

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Date Reviewed: 2023

This policy was written by the PSHE [personal, social, health and economics education] coordinator and approved by staff and governors. It is reviewed and updated every three years.

Aims

This policy aims to ensure that clear, consistent messages regarding healthier food choices are provided for the whole school community. It further aims to provide, healthy food choices to all pupils, ensuring there is an awareness of the positive cultural and religious diversity within the school. Food education should reflect the school ethos. Our 8 Core Values 'hope, honesty, wisdom, kindness, courage, responsibility, respect, fairness' and School Code 'Be responsible, be fair, stay positive and care' should be evident throughout the teaching of food education.

Teaching and learning of food education

It is compulsory for primary school children to learn about food, cooking and nutrition under the national curriculum. This will be predominantly taught in DT [design and technology] lessons but also in PHSE and science. In EYFS [early years foundation stage], children are taught food education through the PSED [personal, social and emotional development] early learning goals. In addition, food education forms part of our well-being week, where the children are taught how to prepare a healthy meal.

Each class, also has their own garden space to grow and harvest their own fruits and vegetables. The new curriculum aims to teach children how to cook, with an emphasis on savoury dishes, and how to apply the principles of healthy eating and good nutrition.

In Key Stage 1, children will be taught:

- To understand that all food comes from plants or animals.
- To name and sort foods into the five groups in the 'eat well' plate.
- That everyone should eat at least five portions of fruit and vegetables each day.
- How to prepare simple dishes safely and hygienically, without using a heat source.
- How to use techniques such as cutting, peeling and grating.

In Key Stage 2, children will be taught:

- To understand that different foods come from different places in the UK, Europe and the wider world.
- That seasons may affect the food available.
- How food is processed into ingredients that can be eaten or used in cooking.

- How to prepare and cook a variety of savoury dishes safely and hygienically.
- How to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking.
- That a healthy diet is made up from a variety and balance of different food and drink.
- That to be active and healthy, food and drink are needed to provide energy for the body.
- That recipes can be adapted and changed.
- That different food and drink contain different substances – nutrients, water and fibre – that are needed for health.

Monitoring and evaluation

The DT coordinator, PSHE coordinator and science coordinator are responsible for the overall monitoring of food education in conjunction with the senior management team. This takes place in the form of curriculum monitoring with feedback given to teachers. Pupils' knowledge and understanding of food education will be assessed through pupil self assessment, peer group assessment, teacher assessment. Assessments will be made and lessons evaluated in line with assessment policy. There is no formal assessment.

Guidelines for school meals and packed lunches

Cooked meals in school are provided by Harrison catering and adhere to the nutrient based food standards revised in **January 2015**. The menus are varied and reflect the cultural diversity of the school. There is drinking water available to all pupils throughout the school mealtime and a salad bar with a choice of at least four salads. The children have to choose a food from each food group. The majority of children now eat a school meal with the introduction of free school meals for all children in Southwark schools.

Those children that eat packed lunches are monitored by mealtime supervisors and senior staff. The parents are aware that there are no sweets, fizzy drinks or chocolate bars allowed but the children are allowed a biscuit or crisps. Leaflets for parents are available on healthy packed lunches and sent home if a child's packed lunch is not healthy.

Attitudes towards eating fruit and vegetables are changing with the continued success of the fruit scheme. The children in Key Stage 1, have the opportunity to have a piece of fruit at break times.

Special occasions

The school has also discussed the policy of giving sweets and chocolate as treats and rewards. It was decided that occasionally sweets and chocolate could be given as rewards but staff are encouraged to provide healthier or non food options. Children

are still able to bring in a cake to celebrate their birthday to share with their class. Staff reinforce that this is acceptable as part of a balanced diet and active lifestyle.

