



# St. John's CE Primary School Friern Barnet Food Policy

## 1. Purpose of Food Policy

This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating. Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

## 2. Food and Drink Provision Throughout the Day

### 2.1 Food Standards for Schools, maintained nurseries and nursery units attached to schools

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. These standards are mandatory for all maintained schools. All academies and free schools are also expected to comply with these standards, and since 2014 is an explicit requirement within funding agreements.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunch, tuck shops and after school clubs.

The standards do not apply to:

- Parties or celebrations to mark religious or cultural occasions
- Fund raising events
- Rewards for achievement, good behaviour or effort
- For use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- On an occasional basis by parents or pupils
- Food and drinks provided after 6pm, or during weekends or school holidays

For more information please refer to:

- The DFE Standards for School Food in England (updated 2021)  
<https://www.gov.uk/government/publications/standards-for-school-food-in-england>
- The DFE School Food Standards – Resources for schools including a practical guide, checklists , portion sizes and allergy information (updated 2021)

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

- The School Food Plan – provides a range of resources including recipes ideas, portion sizes and learning from others <https://www.schoolfoodplan.com/>

For **maintained nurseries and nursery units** attached to primary schools there is a reduced set of standards for food served at lunchtime. Each day, food from each of the categories below must be provided as part of the school lunch:

- Fruit and vegetables (fresh, frozen, canned or dried)
- Starchy foods (bread, pasta, noodles, potatoes, sweet potatoes, yams, millet and cornmeal)
- Meat fish and other non-dairy sources of protein (meat and fish in all forms, plus eggs, pulses and beans)
- Milk and Dairy (milk, cheese, yoghurt, fromage frais, custard)

In addition, for maintained nurseries and nursery units' whole milk, rather than lower fat milk, may be provided. Children under 2 years should only be offered whole milk. Fresh clean free drinking water should also be available for children every day. Very young children in nursery should use a free-flow cup for drinking. Staff should also be aware of serving appropriate portion sizes for children and encourage them to stop eating when they are full.

Maintained nurseries and nursery units are encouraged to consider enhancing their menus to meet the 'Eat Better Start Better Voluntary Food and Drink Guidelines for Early Years Settings'. For more information please refer to:

<https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

For children aged under 5 years, schools should ensure they access free foods and drinks where available to support younger children, who have slightly different energy and nutrient needs such as the free fruit and vegetable scheme, and access to free milk.

Support is accessed / available to support with this:

- Free school meals in London <https://tinyurl.com/London-Mayor-Free-School-Meals>
- School Milk Subsidy Scheme – Milk at a reduced cost <https://www.gov.uk/government/collections/the-school-milk-subsidy-scheme-guidance>
- Nursery Milk Scheme – For children under the age of 5 years to receive a portion of milk free of charge daily (1/3 pint) <https://www.nurserymilk.co.uk>
- Free fruit and vegetables via the School Fruit and Vegetable scheme (SFVS) for children aged 4 to 6 years (outside of lunch provision) ensuring you avoid dried fruit which is not a suitable snack <https://assets.nhs.uk/prod/documents/SFVS-factfile-2017.pdf>

## 2.2 Breakfast

Breakfast is an important meal and contribution towards energy requirements and is an opportunity to provide essential vitamins and minerals.

- For information on the school food standards for breakfast please refer to: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/996114/Checklist\\_for\\_school\\_food\\_other\\_than\\_lunch.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf)
- For information on breakfast guidelines for maintained nursery schools and nursery units attached to schools please refer to the Eat Better Start Better guidelines page 36 and 37: <https://foundationyears.org.uk/files/2017/11/Eat-Better-Start-Better1.pdf>

Breakfast is served from 7.45-8.30am and are provided by: J&L Out of School Ltd, who run our breakfast club.

We provide the following foods/drinks at breakfast:

- A variety of different fruits and vegetables
- A selection of fortified low sugar cereals.
- A variety of different types of bread including wholegrain varieties.
- A variety of different toppings for toast and bread e.g. vegetable spread, honey or reduced sugar jam.
- Semi-skimmed milk for drinking or with cereal.
- Fresh drinking water

Schools cannot provide the following foods for breakfast:

- Starchy food cooked in fat or oil on no more than two occasions per week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion per week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)
- No confectionery (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

## 2.3 Snacks

Snacks can play an important part of the diet of children and young people and can contribute positively towards a balanced diet. Snacks provide an opportunity to have 1 of your 5-a-day, as well as include other important nutrients in the diet.

As part of the School Food Standards, schools are only able to provide fruit, vegetables, nuts and seeds as a snack. Dried fruit should not be offered as a snack, and should only

be offered at mealtimes within a meal/dessert. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and / or vegetable per day.

- For more information on snack guidelines for schools please refer to:  
[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/996114/Checklist\\_for\\_school\\_food\\_other\\_than\\_lunch.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf)

Schools cannot provide the following foods as snacks:

- crackers, breadsticks
- cakes, biscuits, pastries, desserts
- chocolate, chocolate coated products, or confectionary, (defined as cereal bars, processed fruit bars, non-chocolate confectionary: such as sweets, fudge, sugar-coated products)
- Starchy food cooked in fat or oil on more than two occasions per week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion per week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)

For more information on snack guidelines for schools please refer to:  
[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/996114/Checklist\\_for\\_school\\_food\\_other\\_than\\_lunch.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf)

For maintained nursery schools and nursery units attached to primary schools only, the **Eat Better Start Better** guidelines recommend that each snack for 1-4 year olds includes:

- A starchy food e.g. toast, pitta bread, rice cakes. With a variety of at least 3 different varieties of starchy food across snack each week.
- Fruit or vegetables as part of some snacks. With a variety provided across the day and week
- No dried fruit, cakes, biscuits or confectionary
- Beans, pulses, fish, eggs, meat or other protein may be provided as part of snack once or twice a week
- Dairy and alternatives. It is best practice to provide three portions of milk and dairy foods each day. One of these can be provided as part of snacks.
- A meal or snack is offered to children at least every 1.5 – 3 hours. This is because children have small stomachs and high nutrition needs as they grow and develop.

For information on snack guidelines for maintained nursery schools and nursery units attached to schools please refer to the Eat Better Start Better Guidelines page 38 and 39:

<https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

Snacks are organised in the following way:

- EYFS have fresh fruit and vegetables available to eat throughout the day as well as milk; KS1 pupils are provided with fresh fruit or vegetables during morning break time; KS2 pupils provide their own healthy snack to be consumed at morning break time. Parents are notified of appropriate snacks that can be brought in and are monitored by staff at school
- Children are allowed to provide their own packed lunch and snack when on a school trip. Guidance is provided to parents by class teachers
- School and parents provide fresh fruit and vegetables for nursery pupils. School also provides milk and fresh water daily. Parents provide their own packed lunch for children attending nursery all day.
- Parents complete dietary requirement form. Special dietary requirements are discussed with school catering service and personalised menus are provided for identified individuals.

## 2.4 School lunches

The school lunches meet the statutory school food standards. Lunch is served from 11.45-1.00pm and is provided by: ISS Catering Company.

In September 2014, the Government introduced universal free school meals for all children from Reception to Year 2. In September 2023 this offer was extended to KS2 pupils initially for two years.

Our lunchtime menu is available on our school website and is provided by ISS Catering.

Our breakfast and after school club menu is provided by J&L Out of School Club.

All dietary, religious and medical requirements are catered for all pupils attending the school and all day provision.

Our food provision across the entire school day has been reviewed by the Healthy Schools team to ensure that statutory standards are being met.

The choice of meals available to pupils is varied and a wide range is offered each day to meet the needs of the pupils. Parents are encouraged to take up the offer of school lunches via termly texts.

Schools cannot provide the following foods for lunch:

- Starchy food cooked in fat or oil on no more than two occasions (previously days instead of occasions) each week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion each week (applies across the whole school day across all food provision)

- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)
- No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

For maintained nursery schools and nursery units attached to primary schools only, the **Eat Better Start Better** guidelines recommend that lunches include:

- One lunch that only uses pulses or meat alternatives as the protein source for all children
- Restricts the use of pastry to once a week
- Providing small portion sizes on child sized plates. This is because it is better for children to ask for seconds than to serve them too much.
- Children are not praised for finishing the food on their plate. This helps children to recognize when they are hungry and when they have eaten enough.

For information on lunch guidelines for maintained nursery schools and nursery units attached to schools please refer to the Eat Better Start Better Guidelines page 40 and 41:

<https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

## 2.5 After school clubs

For information on the school food standards for after school clubs please refer to:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/996114/Checklist\\_for\\_school\\_food\\_other\\_than\\_lunch.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf)

Afterschool club food is served from 3.30-5.00pm and is provided by: J&L Out of School Club.

We provide the following foods/drinks at afterschool club as a lighter meal provision:

- A variety of different breads, rolls and wraps including white and brown options
- A variety of different fillings e.g. chicken, cheese, ham and vegetable spread
- A variety of different fresh fruits and vegetables e.g. cucumber, carrots, tomato, apple, grapes and orange
- Fresh drinking water, milk and juice options available every day

Schools cannot provide the following foods for after school club

- Starchy food cooked in fat or oil on no more than two occasions (previously days instead of occasions) each week (applies across the whole school day across all food provision)

- A meat or poultry product on more than one occasion each week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)
- No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

Menus are uploaded onto the school website.

For schools with a maintained nursery and nursery unit attached to the school, you may choose to serve your after-school menu to younger children, as a 'tea provision'.

In these circumstances, please refer to the Eat Better Start Better Guidelines page 42 and 43 – this relates to the provision of tea which is quite nutrient dense serving as a meal provision.

<https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

## 2.6 Drinks

Water is available for all pupils throughout the day, free of charge. Children are able to refill water bottles easily and are actively encouraged to drink water regularly throughout the day.

Milk is available for children in Early Years at least once a day in addition to before and after school clubs. This is free of charge.

### Option 1

Other than milk provision once per day, as required by the School Food Standards, we are currently operating as a 'water only' school for all children of reception age and older (this is optional but recommended) and following the toolkit below.

<https://www.london.gov.uk/what-we-do/health/healthy-schools-london-0/water-only-toolkit>

We do not provide any other drinks including fruit juice, squash, flavoured water, soft drinks, fizzy drinks and smoothies due to the sugar content, preservatives, colourings, flavourings and sweeteners.

## 3. Menu Development and Consultation

Our school engages with key stakeholders before implementing any menu changes and these include:

- Healthy Schools Lead
- Catering company
- Parents / carers
- Catering staff at school including chefs and lunchtime supervisors
- Person responsible for budgeting
- School Governors

Our school ensures that the pupil's voice is heard when reviewing our food and drink provision. The group that represents our pupils is the School Council.

#### 4. Food and Drink brought into school and parent engagement

##### 4.1 Packed lunches

We encourage parents to provide healthy well balanced packed lunches.

For children aged 5 years and above preparing a healthy well balanced child's lunchbox, includes:

- Starchy foods – these are bread, rice, potatoes, pasta etc
- Protein foods – including meat, fish, eggs, beans etc
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- A healthy drink such as water or milk

INCLUDE:
<ul style="list-style-type: none"><li>- Minimum of 1 portion of fruit and 1 portion of vegetables everyday</li><li>- Meat, poultry, fish and non-dairy protein e.g. pulses</li><li>- Oily fish at least once every few weeks (e.g. sardines, salmon)</li><li>- Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties</li><li>- A dairy product milk, cheese and yoghurt (unsweetened, low/medium sugar) and low/medium fat for children aged 5+, any dairy alternatives should be unsweetened and fortified</li><li>- Water or milk (semi-skimmed or skimmed).</li></ul>

LIMIT:
<ul style="list-style-type: none"><li>- Processed meat products sausage rolls, pies, sausages etc</li><li>- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack</li><li>- Fruit juice: no more than 150mls per day (restricted to children aged 5+)</li></ul>

DO NOT INCLUDE:
<ul style="list-style-type: none"><li>- Salty snacks such as crisps, nuts etc</li><li>- Sweets and chocolate</li></ul>



- Sugary soft drinks

For more information and practical tips for children aged 5 years and above:  
<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

For children, aged 1-4 years old, preparing a healthy packed lunch includes:

Foods to provide	Examples of foods that could be provided
<b>A portion of potatoes, bread, rice, pasta and other starchy carbohydrates</b> (provide a variety of different starchy foods each week, including a wholegrain variety for lunch and tea once a week)	White or wholegrain bread, rolls, pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous or potato.
<b>At least one portion of vegetables and/or fruit</b> (provide a variety of different fruit and vegetables each week)	Carrot, cucumber, pepper or celery sticks. Lentils included in daal. Grated carrot in sandwiches or wraps. Fresh fruit such as sliced apple, banana, grapes, mixed chopped fruit or strawberries. Dried fruit such as raisins or apricots.
<b>A portion of beans, pulses, fish, eggs, meat and other proteins</b> (provide a variety of different foods each week)	Sliced meat, poultry or fish in sandwiches, rolls or wraps, or by itself. Sliced egg in sandwiches, rolls or wraps. Meat alternatives such as tofu in salads. Pulses such as kidney beans, chickpeas, lentils, as part of bean salads. Nut butter in sandwiches.*
<b>A portion of dairy or an alternative</b> (can be included as part of lunch and/or tea)	A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps. Whole milk (for children aged one to two) or semi-skimmed (for children two and over) to drink.
<b>Desserts, cakes, biscuits and crisps</b>	Desserts made with cereals, milk or fruit. Avoid salty snacks such as crisps. Limit confectionery such as chocolate chips or hundreds and thousands, and use only as part of cakes or desserts. Limit provision of cakes and biscuits.
<b>A drink</b>	Whole milk (for children aged one to two) or semi-skimmed (for children aged two and over). Water.

For more information and practical tips for children aged 1-4 years old:  
[https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5a926d288165f549b5a68ca2/1519545646246/Packed\\_lunches\\_Dec17.pdf](https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5a926d288165f549b5a68ca2/1519545646246/Packed_lunches_Dec17.pdf)

- The school website provides ideas for healthy packed lunches. Leaflets are also available in the school foyer.
- Packed lunches are monitored by Meal Time Supervisors. Parents are notified if packed lunches do not meet the school's requirements.
- Packed lunches are stored on designated class trolleys kept outside each classroom.

- We ensure that pupils who bring packed lunch sit and eat together with school lunch pupils.
- A balanced plate providing pupils with ideas for healthy lunches is displayed in the school dining hall.

## 5. Breastfeeding and Healthy Start

We have a supportive breastfeeding environment. Breast milk is the ideal source of nutrition for infants for at least the first year of life. Mothers are welcome to breastfeed (or express breastmilk) and a secluded space will be provided, if required. We can direct mothers to where they can access further breastfeeding support. For more information about how to create a baby friendly environment, please refer to:

<https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2014/02/Guide-to-the-Unicef-UK-Baby-Friendly-Initiative-Standards.pdf>

We encourage pregnant women and mothers with children under four to register with the Healthy Start Scheme to access free weekly food vouchers and Healthy Start Vitamins.

For more information on the Healthy Start Scheme please refer to:

<https://www.healthystart.nhs.uk>

## 6. School events, trips, birthdays and special occasions

Children across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity, coronary heart disease and certain cancers. The biggest source of sugar in children's diets is sugary drinks, followed by sugary snacks.

The NHS' Change4Life programme has developed a range of useful resources to help children and families cut down on sugar and become 'Sugar Smart':

<https://www.nhs.uk/change4life/food-facts/sugar>

Due to our commitment to be a 'Sugar Smart' school cakes, biscuits, chocolate and sweets are not allowed in school time (excluding school lunches). Instead we encourage the following:

- Parents receive guidance on providing a healthy packed lunch for school trips. Pupils in receipt of free school meals are provided with a healthy packed lunch by the school catering service.
- PTFA events include a variety of food and drink on offer which include healthy options.
- Children are encouraged to donate a book to the class to celebrate their birthday. Children are not allowed to bring in cakes or sweets to distribute as part of their birthday celebration.
- Curriculum lessons on healthy eating and food preparation enable children to make better choice and develop their understanding of ensuring they have a healthy diet. Healthy eating as part of maintaining good physical health and wellbeing alongside physical activity is promoted.
- Children's mental health weeks identify 'healthy eating' as essential to maintaining good physical health.
- Pupils in our Early Years and infant classes are provided with free fruit daily to be enjoyed as a snack.

- Healthy packed lunches are promoted on our school website, displays in the dining hall as well as reminders in our newsletters.
- Posters identifying the amount of sugar in a range of drinks is displayed in school. This information is also available on the school website.
- Dental hygiene lessons part of PSHE curriculum.
- PTFA ensure that a healthy range of food is provided and available during fund raising events such as summer fete.

## 7. Special Dietary Requirements

We are aware of food allergies / intolerances and other dietary requirements of children and have procedures in place to identify and manage these. Parents notify the school of any dietary requirements relevant to their child. This is shared with relevant staff in school including our welfare officer, meal time supervisors, class teachers and school cook as well as the catering service, who provide a special menu for identified children. This includes dietary information related to:

- Religious and ethnic groups
- Vegetarians and vegans
- People with food allergies and intolerances ([guidance here](#))
- People with medical conditions where dietary needs are impacted

Staff have completed the following training to enable them to manage food allergies, intolerances and dietary requirements:

- First Aid / Paediatric First Aid
- Adrenaline / anaphylactic shock training

## 8. The Dining Experience

Good quality eating environments significantly increase the uptake of school food. We have done the following to ensure that we have a pleasant eating environment for children:

- Nursery pupils are able to eat their lunch in the school dining hall alongside pupils from reception class. They are brought to the area before the main body of children arrive to enable them to adjust and have a quieter environment in which to eat their lunch in.
- Reception pupils eat their lunch first to enable them to have sufficient time to eat. They are initially supervised by their class teacher and/or nursery nurse as familiar members of staff. They are also introduced to meal time supervisors during their lunch experience.
- KS1 and 2 classes are invited to eat their lunch two at a time allowing some interaction between different year groups. Children are encouraged to wash their hands before eating; hand sanitizer dispensers are also provided. Children who opt for a hot school meal are able to eat alongside those eating a packed lunch. Children with specific dietary requirements are asked to join the front of the queue.
- Children are seated at tables accommodating up to 8 pupils enabling them to interact and socialise whilst eating. Children are expected to clear away their own plates and cutlery when finished. Staff will assist younger children if required to cut food. Water is available throughout the meal.

- Meal time supervisors ensure that pupils eat an appropriate amount of food and will monitor packed lunches.
- Meal time supervisors wipe tables and sweep the floor in between classes.
- At certain times during the year, older pupils are encouraged to help supervise younger children in the dining hall e.g. Christmas, wet lunch times
- Noise levels are kept to a minimum however socialising and talking is encouraged.
- Children are served lunch from a serving hatch and are able to choose from a selection of food on offer.

## 9. Food Safety

We ensure food safety at all stages of food preparation and storage, including:

- Kitchen staff are employed and trained by the school's catering service ISS
- The school kitchen and equipment is maintained by the school
- Additional food safety measures for younger children is understood and adhered to <https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/food-safety>

## 10. Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It captivates and stimulates pupil's interest and enjoyment of food as well as building self-confidence.

The school follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T), and Health Education.

For more information please refer to:

- Design & Technology - <https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>
- Science – <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study>
- Health Education - <https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

Food Technology focus linked to class topics - carried out by Art/D&T teacher (weekly lessons)

Y1 Chop, Slice & Mash

Y2 Remarkable Recipes

Y3 Cook Well, Eat Well

Y4 Fresh Food, Good Food

Y5 Eat the Seasons

Y6 Food for Life

Other curriculum opportunities are also provided, for example Energy Gardens workshops for KS2 classes.

Y4 children assist with cooking for the homeless and Y3 visit our local food bank to learn about its function and how it supports vulnerable families.

In Nursery, depending on the fruit that is given in, some is cut up at the start of each session and put on plates on the snack table for children to help themselves to throughout the session. The children are only allowed milk or water to drink. The children that stay for lunch are encouraged to feed themselves. In Spring 2 the children also start growing their own runner bean plants and are allowed to take them home once fully grown. As part of the curriculum the children learn and talk about health and unhealthy food. They are able to sort pictures into the two groups and talk about them. The class also take part in baking/cooking activities. During special times of the year, e.g. Chinese new year, parents are invited in to cook and share food with the children. All nursery staff including teachers and nursery nurses are trained in child development and have understanding of healthy food.

### **11. Extra-Curricular Activities**

The school does not currently offer any cooking clubs as part of it's wrap around provision.

### **12. Monitoring and Evaluation**

- Policy will be monitored and reviewed every 3 years to ensure that it is still relevant and appropriate, or sooner if regulations change
- The policy will be shared with parents via the school website
- Relevant staff have assisted in the writing of this policy

### **13. Policy Review**

Policy Implementation Date: February 2024

Next Review Date: February 2027