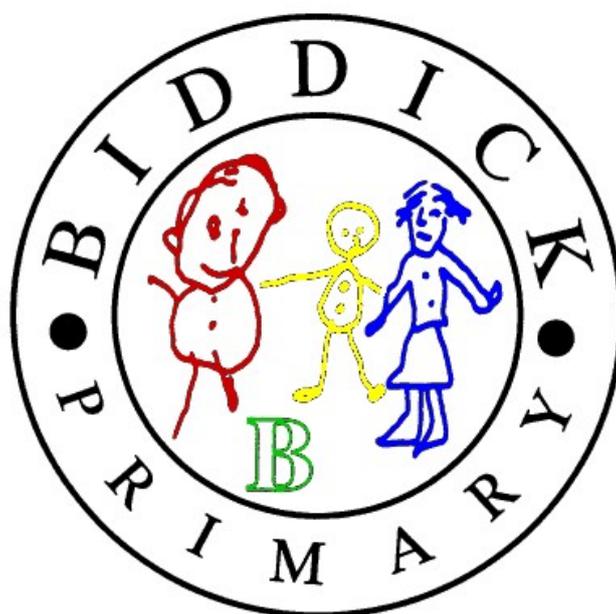


Biddick Primary School



Healthy Eating Policy

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Statement of intent

Biddick Primary School acknowledges the importance of helping children to develop healthy eating habits ensuring that during the school day they receive the energy and nutrition they need. The school understands the need to provide pupils with a varied balanced diet through a wide range of foods across the week.

Biddick Primary school meets the requirements of the DfE's statutory guidance on the school food standards and implements the standards by adhering to the guidelines in the School Food Plan.

Signed by:

_____ Headteacher Date: _____

_____ Chair of governors Date: _____

1. Aims and objectives

1.1. While upholding this policy, Biddick Primary School aims to:

- Increase the general knowledge and awareness of healthy eating and to improve the health of pupils, staff, and in turn, their families.
- Consistently promote healthy eating across the curriculum and provide an education that enables pupils to make informed decisions about what they choose to eat.
- Establish a sociable and enjoyable dining experience for pupils to enhance their social development.
- Work closely with our caterers to ensure compliance with nutritional standards and good practice in providing appealing, value for money meals that cater to specific dietary requirements.
- Liaise with parents and carers to ensure the school is knowledgeable of any specific dietary requirements.

2. Packed lunches

2.1. Biddick Primary School distributes a newsletter/guidance leaflet/official letter on entry to the school, to parents/carers detailing the essential food groups, typical portion sizes and suggestions for healthy, balanced packed-lunches.

3. Breakfast

3.1. Biddick Primary School reinforces the message that breakfast is essential to maintain a healthy balanced diet and is of the upmost importance in preparing pupils for learning.

3.2. Cereal/toast and fruit juice/water are provided to pupils who attend the breakfast club.

4. Snacks

4.1. All four-to-six-year-olds will receive a free piece of fruit or vegetable every day, additional to their school lunch during the mid-morning break.

4.2. The school will implement a healthy snack rule at break time. Fresh fruit will be available as a healthy snack.

School meals

4.3. Biddick Primary School understands that a child's healthy balanced diet should consist of the following food groups:

- Fruit and vegetables
- Unrefined starchy foods
- Meat, fish, eggs, beans, and other non-dairy alternative sources of protein
- Milk and other dairy goods
- A small amount of high fat/sugary/salty foods

4.4. When providing school meals, the school will observe the portion size for each of these food groups, as outlined in The School Food Plan and detailed in [Appendix 1](#).

4.5. Starchy food cooked in fat or oil is served no more than once a week.

4.6. No more than two portions of deep-fried, battered or bread-crumbed foods are served each week.

4.7. No more than two portions of food containing pastry are served per week.

4.8. Biddick Primary School will not serve:

- Confectionary, chocolate or chocolate-coated products.
- Cakes, biscuits, sweet pastries or desserts (except yoghurt or fruit-based dessert containing at least 50 percent fruit).
- Snacks other than nuts, seeds, vegetables, and fruit with no added salt, sugar or fat.
- Salt after food has been cooked.

5. Drinks

5.1. Biddick Primary School will make jugs of fresh tap water and cups readily available on dinner tables/at the serving counter.

5.2. The school will also have water fountains/water coolers situated around the school.

5.3. Biddick Primary School will not provide drinks containing preservatives, flavourings, colourings, sweeteners, or any other type of additives.

5.4. The school recognises its pupils' need to drink water when they are thirsty, hot, tired, or unwell, and accommodates this need.

5.5. Biddick Primary School will not allow pupils to consume energy drinks on the school premises. Any energy drinks will be confiscated, and returned at the end of the school day if unopened.

5.6. Disciplinary procedures will be implemented if pupils refuse to adhere to the ban on energy drinks.

6. Healthy eating in the curriculum

6.1. Healthy eating messages are conveyed and promoted across the curriculum at Biddick Primary School, in lessons such as science, design and technology, and personal, social and health education (PSHE).

6.2. The school will convey healthy eating messages during assemblies and dedicated 'healthy eating awareness' weeks.

7. Food hygiene

7.1. Biddick Primary School will conduct regular inspections of its kitchen facilities.

7.2. All staff involved with the preparation and cooking of food in the school will have successfully completed a food safety/hygiene course.

7.3. Children are reminded on a regular basis of the importance of washing their hands before eating.

7.4. Reminders to wash hands after using the toilet, and before and during the preparation of food, are posted in all the school bathrooms and kitchens.

8. Exemptions

8.1. Biddick Primary School recognises that The School Food Regulations do not apply to food provided:

- At parties or celebrations marking religious or cultural occasions.
- At fund-raising events.
- As rewards for achievement, good behaviour, or effort.
- For use in teaching food preparation and cookery skills, including where the food is served to pupils as part of a school lunch.
- On an occasional basis by parents/carers or pupils.
- Biddick Primary School makes exceptions to the Healthy Eating Policy in these instances, for reasons such as pupils with diabetes.

9. Monitoring and review

- 9.1. The headteacher will review this policy annually, ensuring that all procedures are up-to date.
- 9.2. Any changes made to this policy will be communicated to all members of staff.

Appendix 1: School Food Plan Portion Sizes for Primary Schools

Food group	Foods	State	Typical portion size
Starchy foods	Bread		<ul style="list-style-type: none"> • (50-70g) 1-2 slices of medium bread • 1 small roll • 1 small or ½ large bagel • 1 small pitta • 2 6" wraps • 1 10" wrap
	Potato/sweet potato	Raw	120-170g
	Jacket potato	Raw	200-280g
	Potatoes cooked in oil or fat e.g. chips, potato wedges, roast etc.	Raw	70-100g
	Other root vegetables	Raw	100-150g
	Pasta/noodles	Dried	45-65g
	Rice	Dried	35-55g
	Other grains	Dried	40-60g
	Garlic bread		20g
Fruit and vegetables	Vegetables or mixed salad	Raw	40-60g
	Vegetables including peas, green beans, sweetcorn, carrots, mixed vegetables, cauliflower, broccoli, swede, turnip, leek, Brussel sprouts, cabbage, spinach, spring greens	Cooked	40-60g
	Pulses including lentils, kidney beans, chickpeas	Dried	15-20g
		Cooked	40-60g
	Baked beans in tomato sauce	Cooked	50-70g

Fruit and vegetables	Vegetable-based soup	Cooked	200-250g
	Large-size fruit, e.g. apples, pears, bananas, peaches	Raw	75-100g
	Medium-size fruit, e.g. satsumas, tangerines, plums, apricots, kiwis	Raw	50-100g
	Small fruits, e.g. strawberries, raspberries, grapes	Raw	40-60g
	Dried fruit, e.g. raisins, sultanas, apricots	Dried	15-30g
	Fruit salad, fruit tinned in juice and stewed fruit	Raw/cooked	65-100g
	Fruit based dessert	All fruit-based desserts should have a content of at least 50 percent fruit measured by weight of the raw ingredients. Fruit used as decoration or jam added to a dessert does not count towards this standard.	
Meat, fish, eggs, beans and non-dairy sources of protein.	Roast red meat (this is also the portion size for baked potato and sandwich fillings)	Raw	50-80g
	Roast poultry (this is also the portion size for baked potato and sandwich fillings)	Raw	60-85g
	Red meat/poultry in dishes such as casserole, stew, pie or curry	Raw	50-75g
	Meat based soup	Cooked	200-250g
	White fish	Raw	60-90g
	Oily fish	Raw	55-80g
	Fish or shellfish	Cooked	50-70g
	Breaded/battered fish	Cooked	60-90g
	Egg in salad, baked potato or sandwich	Cooked	1 egg
	Meat alternatives such as soya, tofu and Quorn™	Cooked	50-70g
	Pulses	Raw	20-25g
		Cooked	50-60g
	Vegetarian sausages, burgers, nut cutlets	Raw/cooked	50-70g

Meat, fish, eggs, beans and non-dairy sources of protein.	Sausages made from beef, lamb or pork	Raw	50-75g
	Burgers	Raw	55-80g
	Scotch pies, bridies, sausage rolls, Cornish pasty, encased meat pastry pies, cold pork pie	Cooked	80g
	Breaded/battered chicken and turkey products	Cooked	50-70g
Milk and dairy	Lower-fat drinking milk		150-200 ml
	Milk puddings and whips made with milk		100-120g
	Custard made with milk (e.g. served with fruit); portion size excludes fruit		80-100g
	Yoghurts		80-120g
	Cheese (added to salads, baked potatoes, sandwiches or crackers)		20-30g
High fat foods, sugar and salt	Fruit pies, sponge puddings or crumbles		80-100g
	Fruit jelly (portion size excludes fruit)		80-100g
	Cakes, tray bakes, muffins, scones, doughnuts		40-50g
	Biscuits and flapjacks		25-30g
	Ice cream		60-80g
	Pizza base		50-70g
	Savoury crackers, bread sticks		<ul style="list-style-type: none"> • 10-15g • 1-2 crackers
	Condiments		No more than 10g, or one teaspoonful
Healthier drinks	Gravy		<ul style="list-style-type: none"> • 20-30g • 1 tablespoon
	Fruit/vegetable juice		<ul style="list-style-type: none"> • 150 mls
	Drinking milk		<ul style="list-style-type: none"> • 150-200 mls
	Combination drinks (fruit juice/water, flavoured milk)		<ul style="list-style-type: none"> • 330 mls