



# Food Policy

Reviewed by the Health and Safety Committee  
Approved on 15.05.17

To be reviewed 15.05.20

## Introduction

At Twyford C of E School we recognise the important connection between a healthy diet and a child's ability to learn effectively and achieve high standards in school. We also recognise the role a school can play, as part of the larger community, to promote family health.

## Aims

We aim to:

- Improve the health of children, staff and their families by helping to influence their eating habits through;
- Increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, hygienic food preparation and storage methods.
- Increase children's knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.

Ensure children are well nourished at school, and that every child has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day. Ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethic, vegetarian, medical and allergenic needs. Make the provision and consumption of food an enjoyable and safe experience. Introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

## Objectives:

- To work towards ensuring that this policy is both accepted and embraced by the school and wider community
- To integrate these aims into all aspects of school life in particular food provision within the school, the curriculum and pastoral and social activities.

## Methods:

Through our curriculum and through example we develop an understanding and ethos within school of safe, tasty, nutritious and environmentally sustainable food. We



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approach this primarily through food technology where children investigate, design, cook and evaluate different food. We have a weekly Cookery Club and the Gardening Club grow a variety of fruit and vegetables.

Food topics are also covered within other curriculum areas:

Art e.g. observational drawings of food, healthy eating posters

PSHCE e.g. nutrition, menu planning, hygiene

English e.g. food diaries, following instructions to make

Geography e.g. what food grows where, transporting food

History e.g. past diets, discoveries

Information Technology e.g. recording results of a food survey, website reviews

Maths e.g. weights and measures

Physical Education e.g. links between healthy eating and exercise

Science e.g. effects of heat on food, plant growth, nutrition

We often include tasting sessions for children to extend their eating experiences.

Celebrating multi cultural events such as Diwali and Chinese New Year are opportunities for such. This may also occur through the curriculum particularly in DT, or at special events e.g. a themed week.

In Foundation and Key Stage One, children are given a fruit snack at break time through the fruit scheme. Hot lunches are provided for Reception and KS1 children through the Universal Hot School Meals Programme (hot meals are provided by Chartwells).

In Key Stage Two children are encouraged to bring in a fruit or vegetable snack for playtime and their parents can purchase a hot school meal for them.

All children have the option to have milk provided through the cool milk scheme at break time.

At lunchtime children are not allowed to bring fizzy drinks. Guidance is given about Healthy lunchboxes, and discussions held with children encouraging them to have a variety in their box including a cereal, fruit, vegetable, dairy, meat or alternative and drink. Children are not allowed to bring in any nut products as we have children who have severe allergies.

Children are encouraged to bring in water in a sports bottle to drink throughout the day. This is refilled from throughout the day.



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Children are reminded to wash their hands after going to the toilet through posters around school. Teachers remind children to wash their hands prior to eating. Hands are washed prior to any food technology work involving the handling or preparation of food.

Through PSHCE work we help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices. We have been involved in the Tesco Farm to Fork strategy in order that children gain an understanding of food production and the environment.