

# FOOD POLICY

INCLUDING HEALTHY EATING



## St Bede's Catholic Voluntary Academy

*We commit ourselves to love, respect and serve  
one another as disciples of Jesus Christ*

MAY 2014

## **Introduction**

The school recognises the important contribution of a healthy and balanced diet, in combination with a satisfactory level of physical activity, to overall health, development of social skills and the ability to learn effectively.

### **Aims:**

- ❑ To improve and maintain the health of pupils, 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
- ❑ Ensure that the food provided is compliant with the new standards for school lunch, is of a high quality and promotes health
- ❑ To provide visitors to the school with snacks or meals of a healthy and balanced nature
- ❑ To promote hygienic food preparation and storage methods (See Appendix 1, Food Hygiene Awareness)
- ❑ To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on health and the environment
- ❑ To ensure that every pupil has a safe and easily accessible water supply during the school day
- ❑ To make the provision and consumption of food an enjoyable and safe experience
- ❑ To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them
- ❑ To encourage sustainable food choices and promote awareness of the environment.
- ❑ To develop students knowledge of multicultural foods and celebrate their culture and food choices.

## Objectives

- ❑ Encourage all members of the school to embrace this policy including parents, food providers and the school's wider community
- ❑ Integrate these aims into all aspects of school life including, food provision within the school, the curriculum and pastoral and social activities
- ❑ Encourage staff involved in food preparation (including teaching staff) to undertake basic food hygiene training (See Appendix 1)
- ❑ Make the dining areas in the school as pleasant as possible
- ❑ Provide sufficient time for eating while fostering good manners
- ❑ Ensure that where possible school food is locally sourced (minimising food miles)
- ❑ Maximise the reduction of waste by recycling wherever possible
- ❑ Ensure that food sold at any tuck shop or vending machine is promoting health and well-being e.g. water, fruit juice, not fizzy drinks or food high in fat, salt and sugar
- ❑ Ensure that the healthy eating message is promoted through any cookery, gardening or breakfast club

## Curriculum

- ❑ Healthy Eating is explicitly addressed within the Science, PSHCE, PE and D&T curriculum.
- ❑ In Food Technology areas covered are:

Food technology

Healthy eating

Food Production

Sustainability  
Seasonality  
Environment  
Multicultural foods  
Moral/religious issues relating to food

- The importance of sustainable living is implemented across a variety of subjects (RE, Geography, Technology) whereby students are encouraged to look after the environment/world by making selective food choices. For example in Food Technology they are taught about fairtrade. Seasonality of ingredients and reducing the impact upon the environment during food manufacture and production. Students are encouraged to support fairtrade by purchasing from the Fairtrade tuck shop. Information about this is also used in assemblies and tutor time for whole school awareness.
- Each curriculum subject developing a range of skills and understanding that will contribute towards these areas.
- A wide range of teaching approaches and resources are used to deliver the curriculum.
- Cross curricular links to encourage healthy eating and lifestyle will be explored and fostered whenever possible by all members of staff.
- Extra-curricular activities and external agencies who are able to support teachers include the School Nurse, the Fit for Football Project and Football in the Community. All visits are carefully planned into the curriculum to support the work being done - visits do not take the place of teachers' input.

### **School Food Provision**

- At St Bede's School we recognise that most of us need to eat more:
  - Fruit and vegetables
  - Cereals and bread
  - Fish and lean meat

- We also need to eat less:
  - Fat
  - Sugar
  - Salt
  
- This knowledge is reflected in the food provision in school. School meals are provided by the North Lincolnshire Catering Service.
- The school and the catering facilities are dedicated to providing a balanced menu of school dinners. The school cook works with the Catering Service to ensure that there is a consistently wide range of nutritious and attractive meals available to pupils. The needs of pupils with individual dietary needs, due to medical, cultural or religious reasons - who have school dinners - are catered for appropriately.

### **Packed Lunches and Snacks**

- Parents are asked to support the school's healthy eating policy by providing balanced packed lunches for their children. Pupils may bring squash or fruit juice to have with their packed lunch.
- The Cluster schools will work together to encourage parents to provide healthy packed lunches.
- At the time of writing this policy, the school community decided that only fruit and vegetable snacks are to be eaten at break, those on sale will include:
  - Apples
  - Pears
  - Satsumas
  - Bananas
  - Carrots

### **Drinks Provision**

- Everyone has a right to access clean drinking water. We try to encourage pupils to drink water at school.  
Pupils are encouraged to drink water when required from the canteen.

## Appendix 1      Food Hygiene Awareness

The school recognises the need for understanding the principles and importance of food hygiene as an aspect of safeguarding children and young people and will:

- Raise awareness of food poisoning outbreaks and ways in which food can be safeguarded from anything that could cause harm.
- Inform about Good and Bad Bacteria including Salmonella, E Coli, Bacillus Cereus and Staphylococcus.
- Inform about symptoms (sickness and diarrhoea) and people at risk (old, young, sick, pregnant and nursing mothers.)
- Raise awareness of how contamination occurs by teaching about the three types of contamination

**Physical**     - eg hair, pips, stones

**Microbial** - eg viruses, parasites, food poisoning, bacteria

**Chemical**  - eg cleaning chemicals, pesticides

the three ways contamination occurs

**Direct** - when the actual source of the bacteria comes in contact with the food

**Indirect** - occurs when bacteria are transferred to the food via something else such as hands, worktops, chopping boards etc.

**Cross** - occurs when food poisoning bacteria are transferred to foods which will not be further cooked eg cold meats, dairy products, egg dishes

and the causes of contamination

**Raw food** - eg shellfish feeding in dirty waters

**People** - eg coughs and sneezes, dirty hands

**Pests** - eg flies and cockroaches

**Water** - eg untreated sources used for drinking or washing food

**Soil** - containing pesticides on unwashed fruit and vegetables

- Signpost ways to prevent contamination by highlighting the need to:
  - Purchase food from reputable suppliers
  - Be aware of and understand food labelling
  - Know about 'best before' and 'use by' dates
  - Understand about safe storage and refrigeration
  - Know about safe food preparation and sanitising surfaces and equipment
  - Know that separate knives and boards must be used for raw and

cooked foods

Know that foods must be cooked thoroughly

Understand that re-heating food should be avoided

Know about correct defrosting of food

- Emphasise the importance of personal hygiene by informing that:

Jewellery harbours bacteria which could fall into food

Food should NEVER be prepared without wearing suitable protective clothing

Hand washing before and during all stages of food preparations is of utmost importance

Bad habits, such as testing food with fingers or spoon not washed between tasting, can cause contamination

Cuts and sores must be covered with a blue plaster

Any illness must be reported

- Inform about food legislation

*Anyone who deals or handles food has a legal responsibility to safeguard food.*

Failure of this responsibility could result in penalties such as, a fine, a criminal record, a civil compensation to affected persons, a prison sentence.