



Ashbourne Primary School

Healthy Eating Policy

Policy written by: Kirsty Durose

Ratified by: Teaching and Learning Committee

Date of ratification: January 16th 2024

How often should this policy be reviewed: Every three years

Date of review: Spring 2027

Signature: _____ Chair of Teaching and Learning Committee

Signature: _____ Headteacher

Minute number of ratification: TLC/160124/6h

ASHBOURNE PRIMARY HEALTHY EATING POLICY

The following policy has been written following consultation with pupils, parents and staff.

EATWELL GUIDANCE

The National Health Service (NHS) Eatwell guidance¹ (which applies from age five) states that to have a healthy, balanced diet, it is necessary to:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- Have some dairy or dairy alternatives
- Eat some beans, pulses, fish, eggs, meat and other protein
- Choose unsaturated oils and spreads, and eat them in small amounts
- Drink plenty of fluids (at least 6 to 8 glasses a day)

Foods and drinks that are high in fat, salt and sugar should be consumed infrequently and only in small amounts.

OBESITY IN CHILDHOOD

According to the NHS, in the UK, it is estimated that around 1 in every 4 adults and around 1 in every 5 children aged 10 to 11 are living with obesity². Obesity doubles the risk of dying prematurely. Obesity can lead to a number of serious and potentially life-threatening conditions including: type 2 diabetes; coronary heart disease; strokes and some types of cancer³.

SUGAR CONSUMPTION

The types of sugars most adults and children in the UK eat too much of are 'free sugars'. These are any sugars added to food or drinks and include sugars in biscuits, chocolate, flavoured yoghurts, breakfast cereals and fizzy drinks. Sugar found naturally in milk, fruit and vegetables does not count as free sugars. Eating too much sugar can contribute to weight gain and is also one of the leading causes of tooth decay.

The government recommends that free sugars should not make up more than 5% of the energy (calories) consumed via food or drink each day. This means that that children, aged 4 – 6, should have no more than 19g of free sugars a day (5 cubes) and children aged 7 – 10, should have no more than 24g of free sugar a day (6 sugar cubes)⁴.

FOOD PROVISION

Schools play an important role in both promoting healthy eating habits to children and ensuring that food consumed at school is healthy, balanced and nutritious with the appropriate amount of energy and nutrients pupils need.

Breakfast clubs, break time snacks, school meals and packed lunches make an important contribution to the energy and nutrient intake of children. It is crucial that

¹ <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

² [National Child Measurement Programme, England, 2022/23 School Year - NHS Digital](https://www.nhs.uk/conditions/obesity/)

³ <https://www.nhs.uk/conditions/obesity/>

⁴ <https://www.nhs.uk/live-well/eat-well/how-does-sugar-in-our-diet-affect-our-health/>

there is a whole-school focus on healthy lifestyles, including the food made available to pupils as well as the emphasis placed on healthy eating and nutrition through different curriculum subjects. It is important that the whole school community is involved in order to provide consistent messages for children to make healthier choices.

SCHOOL FOOD STANDARDS

The School Food Standards⁵ state that in order for a child's lunchtime meal to be healthy and balanced, it should consist of:

- One or more portions of vegetables or salad as an accompaniment
- One or more portions of fruits
- A portion of dairy
- A portion of unrefined starchy food
- A portion of meat, fish, eggs, beans or other non-dairy sources of protein
- Plain water, low-fat milk (or alternative) or fruit juice (no more than 150ml)

(And a small amount of food and drink high in sugar and/or salt – note that confectionary is not permitted).

These School Food Standards are in place: to ensure that food consumed by pupils in school is nutritious and of high quality; to promote good nutritional health in all pupils; to protect those who are nutritionally vulnerable and to promote good eating behaviour.

HEALTHY EATING AT ASHBOURNE PRIMARY

The government encourages all schools to promote healthy eating. At Ashbourne Primary School, we aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively, we need to work in partnership with parents and carers in securing the best for every child.

Aims:

- To ensure children start the day with a healthy morning meal.
- To offer suitable break time and/or afterschool snacks that comply with School Food Standards.
- To ensure children consume a suitable midday meal (school dinner or packed lunch) that sustains and prepares them for the afternoon.
- To support parents and carers in providing a healthy packed lunch that meets the same standards that apply to school dinners.
- To help children develop an understanding of healthy eating through curriculum subjects.
- To actively promote government initiatives, which provide guidelines and advice to help sustain a healthy lifestyle, e.g. Change for Life.

HEALTHY SNACKS

All children in Reception and Key Stage One receive a free piece of fruit or vegetable every afternoon as part of the Government's School Fruit and Vegetable Scheme. In addition, all children can bring a piece of fruit, a vegetable or a snack which classifies as one of their five-a-day for morning break time. Alternatively, our kitchen staff provide

⁵ <https://www.gov.uk/government/publications/standards-for-school-food-in-england>

break time snacks in line with government standards at a price of 50p per item. On the occasion that the kitchen host a themed day, children will be permitted to bring in a snack of their choice.

LUNCHBOX GUIDANCE

The following guidelines for lunchbox contents come from the statutory guidelines for school provided meals. This ensures equality of entitlement for all children. As well as school provided nutrition, as a school, we expect a similar standard to be upheld by children and families who opt to bring their own packed lunches for their midday meal.

The recommendations for a healthy lunch box are:

- Portion sizes appropriate or relative to the size and growth rate of your child
- One half comprising of fruit and vegetables, e.g. an apple, orange, carrot sticks etc.
- One third comprising of carbohydrates, e.g. bread, pasta, crackers, potato or rice
- A portion of milk based or dairy food, e.g. yoghurt
- Water only (in a reusable bottle)
- One small biscuit, e.g. Kit-Kat, Penguin, Club, cake bar etc. – This is equivalent to a school meal dessert.

Packed lunch boxes should not include:

- Confectionary
- Hot food (due to health and safety guidelines)
- Fizzy drinks or juice pouches
- Nuts (owing to children with allergies)

MONITORING AND EVALUATION

We fully respect individual parent's food choices for their children and understand that there are many different needs and tastes. However, if snack options or lunchbox contents **regularly** fall short of the expectations in this policy, parents will be contacted and attention draw to the items of concern. We want to work with parents to educate children about healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle. Research shows that these choices can help lessen the chance of medical complications in later life due to an unhealthy or unbalanced diet.

DISEMINATION OF THE POLICY

The policy will be available on the school's website and will be incorporated into the school prospectus. All school staff, including: teaching, pastoral and catering staff, will be informed of this policy and will support its implementation.