



## Food and Lunchtime Meals Policy

At Poplar Farm School we believe that what children eat influences their development, learning and behaviour. We follow national recommendations for healthy eating. Dietary intake can have an adverse effect on learning, concentration, growth development and long-term health outcomes; which can affect education attainment and achievement.

Children who are in Foundation Stage, Year One and Year Two receive a piece of fruit or vegetable as part of the National Fruit scheme each day. They have this snack mid-morning, this is the only snack that children have during the school day. In addition to a piece of fruit or vegetable all children under 5 receive free milk, through Cool Milk. Parents and carers are asked to register with Cool Milk when their child starts school. Once children reach their fifth birthday they can continue to receive milk with a small payment made through School Milk.

All children have access to water throughout the day, each child has a water bottle in their classroom. Children are given water with their lunchtime meal. No other drinks are allowed in school.

Children who are in Foundation Stage, Year One and Year Two receive a free school meal everyday through the Universal Free School meals scheme. We have a state of the art kitchen and an experienced chef; healthy meals are prepared from fresh seasonal and locally sourced produce each day. Children are given a choice of a vegetarian or meat option every day from a three week menu cycle. We also provide meat free Mondays in response to recommendations for reducing the amount of red meat in a healthy diet.

Children's individual needs such as food intolerances and foods which cannot be consumed due to religious and ethical reasons should be discussed with the chef, appropriate substitutions or alternatives are always offered.

Children eat lunch in the school hall, they are supervised by midday supervisors. We operate a family dining style meal time, teachers and children eat together. This allows children opportunities to eat lunch with their peers and to see good role models. Eating lunch together is a social activity which develops children's social and communication skills.

Children are encouraged to:

- Develop good table manners; use a knife and fork, eat with their mouths closed and finish a mouthful before speaking
- Try new food; our menus are changed seasonally and feature a wide range of foods from around the world
- Be polite and responsible; help each other, use please and thank you, keep the dining room tidy
- Make conversation at the table; listen to other ideas, talk about themselves take turns in conversation.

We are very proud of our amazing meals and how fussy eaters have become adventurous and food loving through having a daily meal at Poplar Farm. The midday team are very skilful at encouraging children to eat, children are given time to eat at their own speed. It is very common for children not to like a new food the first time that they try it, it can take up to 15 times before a child accepts a new taste.

Packed lunches are not allowed for children in Foundation Stage, Year One and Year Two. Once children reach Year Three and no longer receive free school meals through the Universal Free School meals scheme they may bring a packed lunch, however we discourage this. Packed lunches often provide a limited range of food stuffs, many processed foods designed for packed lunches contain high levels of fat, salt and sugar. Children's behaviour and concentration is often poor after eating this diet. Packed lunches are often finger foods, and children do not develop knife and fork skills. In addition, packed lunches are often limited and children do not try new tastes, flavours or textures. Packed lunches can only be brought into school after discussion with the Head Teacher. Packed lunches will be checked daily and any item's that are not suitable will be sent home.

Recommended contents of a packed lunch include

- One portion of vegetables
- One portion of fruit
- One portion starchy foods (bread- sandwich, pitta, wrap, chapati), rice, potato's, pasta, noodles
- One portion of dairy- cheese, yogurt, soya
- One portion protein- meat, fish, eggs, beans

The following items are not permitted in a packed lunch

- No juice, sports drinks, fizzy drinks or flavoured waters
- No fried foods
- No sweets or chocolate
- No cakes, biscuits, cereal bars
- No crisps
- No chewing gum

For more information about healthy packed lunches:

<http://www.schoolfoodtrust.org.uk/schools/projects/packed-lunches>

Poplar Farm School promotes health eating and food choices across the curriculum. In addition, Cooking and Nutrition is taught discretely in Food Science, this is described in greater detail in the National Curriculum statements for Design Technology and Science.

## **National Curriculum**

### **Design Technology-**

#### **Cooking and nutrition**

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils should be taught to:

#### **Key stage 1**

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from.

#### **Key stage 2**

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality and know where and how a variety of ingredients are grown, reared, caught and processed.

### **Science**

#### **Animals including humans**

##### **Key Stage 1- Year 2**

Pupils should be taught to:

- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

##### **Lower Key Stage 2- Year 3**

Pupils should be taught to:

- identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat
- identify that humans and some other animals have skeletons and muscles for support, protection and movement.

##### **Lower Key Stage 2- Year 4**

Pupils should be taught to:

- describe the simple functions of the basic parts of the digestive system in humans
- identify the different types of teeth in humans and their simple functions
- construct and interpret a variety of food chains, identifying producers, predators and prey.

##### **Upper Key Stage 2- Year 6**

Pupils should be taught to:

- identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood
- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function
- describe the ways in which nutrients and water are transported within animals, including humans.