

# Wakefield Grammar School Foundation (incl EYFS) Healthy Eating Policy

## Statement

At Wakefield Grammar School Foundation we recognise the importance of a healthy lifestyle and diet. We understand that establishing a balanced diet throughout childhood helps establish healthy eating habits for life.

In order for us all to meet our full potential we need to be healthy physically, mentally, and socially. This policy states the ways in which our Foundation schools can support pupils to develop the skills and attitudes that will help them make informed healthy choices both in and out of school.

The Foundation recognises that it is important for the schools to deliver a consistent message around healthy eating.

## Aims

To encourage pupils to make healthy choices of food and drink through a balanced diet and ensure they understand that some foods play a greater role than others

- To produce food in a clean and hygienic environment
- To be sensitive to dietary and cultural differences
- To develop an understanding of the importance and the social context in which eating takes place
- Be environmentally friendly through the use of efficient cooking practices, local procurement and recycling initiatives
- Source goods locally with full traceability using red tractor products where practicable

## Objectives

- Work towards ensuring that this policy is embraced by the Pupils, Parents, Staff, Governors and the wider school community
- To integrate these aims into all aspects of school life
- Provision within the school curriculum ensuring a consistent message is delivered through PSHE, PE and Science lessons, school assemblies

## Being Healthy

- Eat breakfast every day
- Eat fruit and vegetables daily as per the '5-a-day rule'
- Choose snacks that will provide nutrients to compliment meals
- Avoid snacks and drinks with a high sugar or fat content
- Drink lots of fluids such as water throughout the day so as not to become dehydrated whilst avoiding fizzy drinks
- Be physically active and exercise every day
- Learn about food nutrition, hygiene and food safety

## Allergen Statement

- All our food is prepared in a kitchen where allergens are present
- Our menu descriptions do not include all ingredients
- If you have a food allergy and need advice, please ask a member of the catering team before taking your food
- Full allergen information is available on request

### Review History

Policy written	September 2011	P Roberts
Reviewed	August 2014	L Perry
Updated (Allergen)	February 2017	P Roberts