



Britannia Community Primary School

Health Eating Policy

Date policy last reviewed: 9.9.25

Signed by:

N.Longstaff

Headteacher

Date: 9.9.25

K.Symcox

Chair of governors

Date: 9.9.25

Britannia Primary School

Healthy Eating Policy

Aims and Objectives

Aim:

The aim of food education at Britannia is to enable pupils to make healthy, informed choices by increasing knowledge, shaping positive attitudes, and enhancing practical skills. Proper nutrition is essential for both good health and effective learning.

Objectives:

At Britannia we aim to:

- Provide a consistent, cross-curricular programme of nutrition education that enables pupils to make informed choices without guilt or anxiety.
- Promote a “whole school, whole day” approach to nutrition that makes healthier choices the easier choices.
- Work in partnership with catering staff (Lancashire School Kitchen) to provide attractive, value-for-money meals that meet nutritional standards.
- Create a pleasant, sociable dining experience which supports the social development of pupils.

Nutritional Aims

We encourage pupils to:

- Choose a variety of foods to ensure a balanced diet in line with national nutritional guidance.
- Eat foods rich in vitamins, iron, and calcium.
- Consume starchy foods as an energy source.
- Drink milk, water, fruit juices, and other sugar-free drinks.
- Avoid sugary drinks and snacks between meals.

School Catering

We recognise that the subtle messages pupils receive about food are as important as those taught in lessons. To support this:

- Menus are designed by Lancashire School Kitchen and agreed with parents and staff, within nutritional guidelines.
- Theme days and celebrations are linked to curriculum topics or calendar events.
- All school meals include fruit or vegetables, with children encouraged to try at least a small portion.
- A salad bar is available, and portion sizes are adjusted for infants and juniors.
- Milk is available for all pupils.
- Special dietary needs and allergies are fully considered.

Packed Lunches

While many families choose school meals, we recognise that some prefer packed lunches. To support this:

- Parents are given guidance on nutritious packed lunch contents (See Appendix 1).
- Packed lunches should include at least one portion of fruit or vegetables.
- Sweets, fizzy drinks, and chocolate confectionery are not allowed.
- Children are encouraged to drink water.
- Parents are asked to be mindful of portion sizes and high-sugar snacks.
- Uneaten food is returned home so parents can monitor intake.

Rewards

- Sweets and chocolate are not used as regular class rewards.
- Treats linked to celebrations (e.g. Christmas, Easter) are communicated to parents/carers in advance.

- Weekly merit rewards may include a small biscuit.
- Food used in nurture groups is authorised prior to use.

Water

- Pupils are encouraged to drink water regularly throughout the day.
- Filtered water machines are available in both Key Stage 1 and Key Stage 2 areas.

National Fruit Scheme

- All Infant pupils receive a free piece of fruit daily, which is eaten during the afternoon.
- Children are encouraged to try different fruits and discuss their taste and health benefits.
- Additional healthy snacks from home are welcomed at break time and toast can be purchased. (see Appendix 1).

School Ethos, Environment and Organisation

- Meals are eaten in the school hall with tables set out by staff.
- Lunchtime organisation is recognised as important for both pupil behaviour and Ofsted evaluation.
- Lunchtimes promote social skills and table manners.
- Teachers, catering staff, and supervisors work together to ensure a positive dining atmosphere.
- Free School Meals are promoted and provided in a non-discriminatory way.

Curriculum, Teaching and Learning

- Healthy eating is taught across PSHE, Science, and Design Technology.
- Reception pupils explore food through the Early Learning Goals.
- Food Technology provides opportunities to prepare, taste, and evaluate a variety of foods.

- ICT is used to investigate food and nutrition.
- Pupils participate in cooking sessions using school resources, often involving parents.
- Cultural diversity in food is explored through themed meals and curriculum links.
- A healthy eating cookery club is offered after school for Key Stage 1 and 2 pupils.

Equal Opportunities

- Both boys and girls are encouraged to participate in all aspects of food education.
- Disabled pupils and those with Special Educational Needs are fully included.

Monitoring and Review

This policy will be reviewed by the headteacher every two years.

Appendix 1: Healthy Packed Lunch Guidance

At Britannia, we encourage parents to provide packed lunches that are balanced, varied, and enjoyable. A healthy packed lunch should aim to include the following:

1. Carbohydrates (for energy):

- Sandwiches, wraps, pitta bread, pasta, rice, couscous, or crackers.
- Where possible, choose wholemeal or wholegrain options.

2. Protein (for growth and repair):

- Lean meat, fish, eggs, beans, hummus, or cheese.

3. Fruit and Vegetables (at least one portion of each):

- Fresh fruit (e.g. apple slices, grapes, berries, banana).
- Raw vegetables (e.g. cucumber sticks, carrot batons, cherry tomatoes).
- Dried fruit (in small amounts).

4. Dairy or Alternatives (for calcium and bone health):

- Milk, yoghurt, cheese portions, or calcium-fortified alternatives.

5. Drinks:

- Water, semi-skimmed milk, or pure fruit juice (occasionally).
- Sugary and fizzy drinks are not allowed.

Foods to Limit

- Crisps, chocolate biscuits, and cakes should only be included occasionally, in small portions.
- No sweets, chocolate bars, or fizzy drinks are permitted.
- Avoid foods high in salt, sugar, or saturated fat.

Presentation and Portion Sizes

- Pack suitable portion sizes for your child's age and appetite.
- Provide food that children can open and eat independently.
- Ensure food is kept fresh — use an insulated lunch bag with a freezer block in hot weather.

Positive Practices

- Uneaten food will be returned in the lunchbox so parents can monitor what has been eaten.
- Children are encouraged to try all food in their lunch, even if only a small portion.
- Packed lunches should reflect the school's ethos of promoting healthy choices without guilt or anxiety.

Appendix 2 : Break Time Snacks

Allowed snacks:

- Cheese
- Dried fruit
- Fresh fruit and vegetables
- Plain crackers and breadsticks
- Plain rice cakes
- Biscuits
- Cereal bars
- Cheese Dunkers/Dippers

Unsuitable snacks:

- Chocolate or yoghurt-coated fruit
- Crackers with high salt content
- Crisps
- Fruit bars (YoYos, Winders, etc.)
- Lunchables
- Pepperami