

Healthy Eating Policy (Including Packed Lunch Policy)

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Robertsbridge Community College

Healthy Eating Policy

Introduction

At Robertsbridge Community College we believe that promoting a healthy diet is of great importance as adolescence is a time of growth for children, for both physical and mental development. A healthy diet is essential for teenagers because of their heightened nutritional needs, but also because the foods they eat as teenagers can impact their health when they reach adulthood.

In addition to this a 2009 study confirmed the significant benefits that healthy school meals have on educational attainment. The research showed that healthy school meals significantly improved educational outcomes, in particular in English and Science, and led to a 15% reduction in absenteeism due to sickness.

(www.schoolfoodmatters.org)

All teachers in all subjects have a crucial role to play in supporting students' knowledge and understanding of the importance of a healthy diet and the importance of modelling good eating behaviours when eating with students.

Some subjects will obviously take a more active role in the education of students' health and wellbeing through teaching about healthy eating, diet and exercise.

At Robertsbridge Community College, we specifically consider the education of healthy eating within the following subject areas:-

- Food Preparation & Nutrition
- Science
- Physical Education
- Independent Learning
- MFL
- Geography
- The School Catering Department.

Through working together, staff teaching these subjects should ensure that students are taught the key fundamental principles of what a healthy varied diet is and how students can achieve this on a day to day basis. Students should be encouraged and where appropriate supported in learning how to make healthy food choices.

Aims

- To promote an interest in, and develop students' knowledge and understanding of the importance of a healthy varied diet.

- To ensure that these beliefs are embedded within subjects, the school ethos and the canteen.
- To ensure all staff demonstrate an understanding of, and take responsibility for, promoting student health and wellbeing through promoting healthy diets.
- To recognise that some students will need additional support with achieving eating their 5 a day and putting in place measures to assist with this.
- To help students understand how to grow and produce their own healthy food.
- To develop students understanding of where their food comes from and deliver the life skills of how to cook and create their own healthy nutritious meals.

Procedures

Teaching about Healthy Eating:

Food Preparation & Nutrition

Year Group:	What's covered within lessons....
KS3	<ul style="list-style-type: none"> • basic safety and hygiene when working with ingredients and kitchen equipment • an understanding of how to design, develop and evaluate your own food products • an explanation of the Eat well Guide recommendations and how to eat a balanced, healthy diet. • a range of simple and practical food preparation techniques • the principles of nutrition and health • a repertoire of predominately savoury dishes • how to feed yourself • a healthy and varied diet - the Eat well Guide and 8 tips for healthy eating • the origin and production of food products and ingredients • seasonality and eating seasonal foods • the characteristics of ingredients • the importance of eating a broad range of foods
KS4	<p>Option students are taught to:</p> <ul style="list-style-type: none"> • demonstrate relevant and comprehensive knowledge and understanding of the concepts, principles and properties of food science, cooking and nutrition. • safely and effectively apply precise and sophisticated technical skills when using a wide range of equipment and ingredients to plan, prepare and present complex dishes • critically analyse and evaluate, to draw well-evidenced conclusions regarding: <ul style="list-style-type: none"> ○ issues relating to food choices, provenance and production ○ food made by themselves and others

Within Science:

Year Group:	What's covered within lessons....
KS3	Healthy diet and imbalances within the diet and what problems/issues that could cause.
KS4	The digestive system, health & lifestyle issues, heart disease.

Within Physical Education:

Year Group:	What's covered within lessons....
KS3	
KS4	GCSE PE – <ul style="list-style-type: none">• Nutrition – reasons for having balanced diet• Nutrition – the role of carbohydrates, fat, protein and vitamins/minerals• Energy use• Reasons for maintaining water balance (hydration) Dance option – <ul style="list-style-type: none">• Diet of a dancer, % of each of the food types required within the diet of a healthy dancer. What each food group does for the body in terms of vitamins, minerals and vital nutrients.

Within Independent Learning

Year Group:	What's covered within lessons....
KS3	<ul style="list-style-type: none">• Healthy Lifestyles unit – Students to research and improve their own health and wellbeing through diet and exercise over a 6 week project.• Grow Your Own unit – Students learn the importance of fresh fruit and veg within their diets and learn how to grow and produce and harvest simple edible crops.• Health and Fitness unit – Students research and present their findings on diet & nutrition and how this can improve physical and mental health.• Farming and Agriculture unit – Students research and present how food is produced from seed to plate.

Modern Foreign Languages (French/German & Spanish)

Year Group:	What's covered within lessons....
KS4	<ul style="list-style-type: none">• Healthy eating and looking at healthy and unhealthy diets.• The role of exercise as part of a healthy lifestyle• Disease, consequences of obesity, drugs, alcohol and smoking.

Geography

Year Group:	What's covered within lessons....
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KS3	<ul style="list-style-type: none"> • 'Fair Trade Fashion' which is really the Development Gap. Food / calorie intake - also look at poverty in UK: 1 in 5 children in UK live in poverty. • Schools need to be poverty proofed - how?
KS4	<ul style="list-style-type: none"> • Development within Global inequalities. Low calorie intake is a development indicator showing the wealth of a country.

Whole School:

1.1 All the subject areas identified above will deliver and develop students' knowledge and understanding of what a healthy diet is and its importance for growth, health and wellbeing.

1.2 Teachers and support staff have a responsibility to promote healthy diets and nutrition and to take this into consideration when thinking about rewards for students.

1.3 Within lessons students are only be permitted to drink water. Juices, squashes and fizzy drinks are not allowed.

1.4 Energy drinks and fizzy drinks high in sugar are not allowed on the school premises at all.

1.6 Teachers should model these guidelines and not drink fizzy drinks during class time.

1.7 Students will be given opportunities across the curriculum to learn about healthy diet, exercise and fruit and vegetable production through the use of the schools "Living Garden"

1.8 The school will offer a varied menu over the course of the school week with healthy options available at all meal times.

1.9 Any promotions, events and fundraising activities that involve selling high sugar/salt/fat products to students to be passed by the senior leadership team first.

2. The School Canteen

Food gives us the energy needed to survive, but it is not the quantities that we eat which determine how healthy we are, it is the quality of the food.

Many of the so-called diseases of civilisation such as cancer, heart disease, high blood pressure, obesity and diverticulitis are becoming increasingly linked with diets high in refined sugar, fat and salt and low in fibre.

The changes needed to adapt our eating patterns have clearly been outlined in reports on food and health in Britain. These reports have been prepared by doctors, nutritionists and scientists and provide a guideline to healthy eating. The guidelines are as follows:

2.1 Fat Reduction

The amount of fat we eat should be reduced, particularly saturated fat found in animal and dairy products. There are two main problems when eating fats:

a) Fat is loaded with calories, too many calories leads to people becoming overweight and obese.

b) Too much saturated fat is linked with a higher risk of heart disease. When fats are used choose ones high in polyunsaturates. e.g.sunflower oil and margarine, white flora for pastry making.

*Offer individual sunflower margarine portions and individual half/low fat spread portions as alternatives for butter.

*Use skimmed or semi skimmed milk instead of whole.

*When using whipped cream substitute some with natural youghert.

*Offer more dishes that are baked, steamed, grilled and poached and less that have been fried.

*Use less oil for shallow frying

*Use leaner cuts of meat and meat with a lower percentage of fat, e.g. minced beef 5% fat.

*Use less red meat and offer more chicken and fish dishes.

*Offer low fat sausages, burgers and pate as alternatives.

*Offer diet yoghurts and diet fromage frais as alternatives.

*Remove the skin from chicken portions/pieces before cooking

*On the salad bar offer more salads without dressings and the dressing separately.

*Offer healthier dressings for salads, e.g. mint or yoghurt, reduced calorie mayonnaise, reduced calorie vinaigrette.

*Use as many other low calorie/half fat products where possible, e.g. half fat cream cheese.

2.2 Sugar Reduction

Reduction in use of sugar, as a nation we consume too much sugar. This is an empty calorie as far as nutrients are concerned, high sugar intake soon stores up as surplus fat and also promotes tooth decay. At RCC we are cutting down on sugar through:

*Using less sugar in cooking whenever possible

*Use tinned fruit in natural juice instead of syrup.

*Promote healthy fruit options over cakes and sweet bakes.

2.3 Salt Reduction:

*Use "Lo Salt" instead of cooking or table salt.

*Reduce the amount of salt used in seasoning.

*Season food with herbs, spices, garlic and lemon juice instead of salt.

*Do not use salty processed food.

2.4 Eat more whole, fresh and fibre rich foods,

Increasing fibre intake:

*Increase the use and provision of fresh fruit and vegetables

*Increase the use of nuts, beans, lentils and other pulses in cooking, e.g. in soups and casseroles.

*In casseroles, some of the meat should be substituted with extra vegetables.

*When baking pies, crumbles etc. substitute 25% of the white flour with wholemeal flour.

*Use home-made soups and make them with lots of fresh vegetables, pulses and beans.

*Offer more pasta and rice dishes using the wholemeal/brown rice's and pastas and offer lower calorie sauces with them.

*Offer more wholemeal and grain breads, rolls and sandwiches and pitta breads.

*Cook vegetables until they are just tender, yet still a little crisp. Overcooked vegetables lose some of their vital nutrients.

*Offer jacket potatoes with healthy fillings.

2.5 Food Labelling

*Healthy food options will be clearly labelled to enable students to make informed decisions

* Healthy foods and areas such as the salad bar will be displayed separately to make it clear that they are healthy alternatives.

3. Packed Lunches

Overall aim of the packed lunch policy:

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in school, which is now regulated by National Standards.

Food and drink in packed lunches:

3.1 Robertsbridge Community College will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.

3.2 RCC will work with the pupils to provide attractive and appropriate dining room arrangements.

3.3 RCC will work with parents to ensure that packed lunches abide by the standards listed below.

*As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags or containers, with contents which may appropriately be stowed in the student bag throughout the morning.

*Wherever possible the RCC will ensure that packed lunch pupils and School lunch pupils will be able to sit and eat together.

3.4 Packed lunches should include:

*At least one portion of fruit and one portion of vegetables every day.

*Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, and falafel) every day.

*Oily fish, such as salmon, at least once every three weeks.

*Starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.

*Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.

*Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

3.5 Packed lunches should not include:

*Snacks such as crisps. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.

*Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.

*Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

*Canned drinks, whether carbonated or still.

***Food containing nuts.**

3.6 Special diets and allergies

Be aware of nut allergies. We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.

RCC also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. **For these reasons pupils are also not permitted to swap food items.**

3.7 Assessment, evaluation and reviewing:

*Packed lunches will be regularly reviewed by teaching staff / catering staff / lunchtime supervisors.

*Parents and pupils who do not adhere to the Packed Lunch Policy will receive a letter informing them of the Policy.

*If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

*Please note: pupils with special diets will be given due consideration.

3.8 Involvement of parents/carers:

Pupils are normally expected to eat the lunch provided by the School. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy. In turn, the School will keep the parents informed as per the methods detailed below under "Dissemination of the Policy".

If pupils have special dietary reasons why they cannot meet these requirements parents/guardians must write to the Head Teacher attaching a copy of the pupil's NHS consultant's diagnosis letter which sets out the pupil's dietary needs.

4. Dissemination of the policy:

The School will write to all new and existing parents/carers to inform them of the policy via the newsletter.

The policy will be available on the School's website and will be incorporated into assemblies.

The School will use opportunities such as parents evenings and Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating. All staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

Linked policies and documents

Physical Activity Policy