

## Nutritional Standards Policy

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This policy has been written with reference to DfE guidance "[School food in England, departmental advice for governing boards, July 2016](#)". The DfE guidance makes clear the primary legislation and regulation that it relates to. Further information and guidance has been sourced from the government's [School Food Plan website](#).

The purpose of this policy is to:

- ensure that food provided to pupils at Bournville school is nutritious and of high quality;
- promote good nutritional health in all pupils;
- protect those who are nutritionally vulnerable and to promote good eating behaviour.

### **Healthy Eating In The Curriculum:**

Children are taught about the importance of healthy eating, and how to ensure their diet is healthy, through PSHE, Science, Food and other lessons.

Secondary Phase: In PSHE students are given the information needed to make healthy choices with their food. This includes government guidelines and also time to reflect on what they eat in their day to day life compared to what their body needs. Students are encouraged to think about the impact their food is having on their day to day life, both physically and mentally.

In Science students in years 7 and 8 study the energy and nutritional benefits of food, including the benefits of a healthy and balanced diet. This is revisited in greater depth when students study GCSE Science, when pupils cover what the different nutrients within food are used for by the body and the problems associated with poor diet, including diabetes and heart disease.

In Food Technology nutrition is taught at an appropriate level throughout each key stage (although it is an optional subject from Year 9 onwards). Students are taught to understand a balanced diet and how to cook predominantly savoury dishes so that they are able to feed themselves and others a healthy and varied diet.

Primary Phase: Students learn about the importance of healthy eating, and how to achieve a healthy diet through a number of subjects e.g. art, food technology, geography and PSHE.

In addition posters in eating areas and school assemblies will encourage students to make healthy choices about their diet.

### **Nutritional Standards In School Food:**

Pupils this applies to:

This policy sets out requirements for school lunches provided to registered pupils, whether on the school premises or not, and to any other person on the school premises. Our policy also sets out the requirements for food and drink other than lunch provided to pupils on and off school premises up to 6pm, including breakfast clubs, mid-morning break, and after school clubs, including any food provided through any tuck shops or vending machines.

This policy does not apply to food provided:

- at parties or celebrations to mark religious or cultural occasions
- at fund-raising events
- as rewards for achievement, good behaviour or effort
- for use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- on an occasional basis by parents or pupils

### Free School Meals:

All pupils in Year 1 and Year 2 are entitled to a free school lunch.

A school lunch will be provided for pupils where a meal is requested and either the pupil is eligible for free school lunches, or it would not be unreasonable for lunches to be provided.

School meals will be provided to a pupil free of charge if the pupil and/or a parent meets eligibility criteria set out within the Education Act 1996 and a request is received for free meals to be provided either by the pupil or someone acting on their behalf. Parents or children who wish to apply for free school meals for their child can do so via the link on our [website](#).

### Nutritional Standards:

Bournville School will ensure that the lunches and other food and drink provided meet the government's school food standards. This will be achieved by:

- Providing hot lunches wherever possible, to ensure that all pupils are able to eat at least one hot meal every day.
- Providing drinking water free of charge at all times on school premises.
- Providing students with facilities to eat food that they have brought to school in a safe and social environment.
- Ensuring that lower fat milk or lactose reduced milk is available for drinking at least once a day during school hours. Milk is provided free of charge to infants and to benefits-based free school meals pupils when it is offered as part of their school meal and free to benefits-based free school meals pupils at all other times. Charges can be made for all other pupils.

# **BOURNVILLE** SCHOOL

Whole milk can be provided for pupils up to the end of the school year in which they reach age 5, after that milk must be lower fat or lactose-reduced.

- Working with our catering providers to ensure that meals provide: high-quality meat, poultry or oily fish; fruit and vegetables; bread, other cereals and potatoes.
- Working with our catering providers to ensure that we do not provide, either via our school meals or through any vending machines: drinks with added sugar; crisps; chocolate; sweets; more than 2 portions of deep-fried, battered or breaded food per week.
- Providing four to six year-old children with a free piece of fruit or vegetable every school day outside of their school lunch through the voluntary School Fruit and Vegetable Scheme (SFVS).

Further details of the nutritional standards of our school meals is given in Appendix One.

### **Appendix One: Further Information on School Food Standards**

The information below has been sourced from the government's [School Food Plan website](#) and details the nutritional standards of the food offered in our school meals.

#### Fruit and Vegetables:

- One or more portions of vegetables or salad as an accompaniment every day
- One or more portions of fruit every day
- A dessert containing at least 50% fruit two or more times each week
- At least three different fruits and three different vegetables each week

#### Foods high in fat, sugar and salt:

- High-quality meat, poultry or oily fish and vegetables
- Bread, other cereals and potatoes
- There can't be: drinks with added sugar, crisps, chocolate or sweets in school meals and vending machines; more than 2 portions of deep-fried, battered or breaded food a week

#### Milk and Dairy:

- A portion of food from this group every day
- Lower fat milk must be available for drinking at least once a day during school hours

#### Meat, fish, eggs, beans and other non-dairy sources of protein:

- A portion of food from this group every day
- A portion of meat or poultry on three or more days each week
- Oily fish once or more every three weeks
- For vegetarians, a portion of non-dairy protein on three or more days each week
- A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools.

#### Food provided outside lunchtimes:

- Fruit and/or vegetables available in all school food outlets
- No savoury crackers and breadsticks
- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)

#### Starchy Food:

- One or more wholegrain varieties of starchy food each week
- One or more portions of food from this group every day
- Three or more different starchy foods each week
- Starchy food cooked in fat or oil no more than two days each week
- Bread - with no added fat or oil - must be available every day

#### Healthier Drinks:

- Free, fresh drinking water at all times
- The only drinks permitted are:
  - Plain water (still or carbonated)
  - Lower fat milk or lactose reduced milk
  - Fruit or vegetable juice (max 150 mls)
  - Plain soya, rice or oat drinks enriched with calcium;
  - plain fermented milk (e.g. yoghurt) drinks
  - Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)
  - Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium, cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey
  - Tea, coffee, hot chocolate
- Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, and no more than 150mls fruit or vegetable juice.
- Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice.

Who wrote the policy	John Dovey	Assistant Headteacher
Who is responsible for making amendments	John Dovey	Assistant Headteacher
Version	One	
Changes made	none	