



# Healthy Eating Policy

---

**St. Francis' College**

November 2024

**Contents**

Introduction ..... 3

Food and Nutrition Lessons ..... 4

Related Policies ..... 4

Version Control ..... 4

## Introduction

The 'College' refers to all the staff and pupils of the Prep Department and Senior School which includes Early Years Foundation Stage (EYFS), Pre-Prep (Key Stage 1), Prep (Key Stage 2), and Senior School (Key Stages 3-5)

This policy aims to inform parents, pupils, and staff of the College's policy towards healthy eating.

Nutrition is a significant factor in the growth, development and overall functioning of a pupil. Good nutrition provides the energy and nutrients essential to sustain life and promotes physical, emotional and cognitive development. The development of good eating practices and physical activity can prevent disease and support a lifetime of good health. Good nutrition is critical to optimising each pupil's potential. It is the aim of the College to assist pupils in making informed choices about what they eat and drink, and develop a pattern of healthy eating for life.

St. Francis' College aims to:

- provide pupils with positive healthy eating experiences in order to promote their wellbeing;
- respect the different dietary, cultural, religious and health needs of the students; encourage and develop positive attitudes towards food through the curriculum and all other learning opportunities provided in the College;
- promote an understanding of a balanced diet; and
- develop an awareness of the importance of the social context in which eating takes place.

## Being Healthy

- Eat fruit and vegetables to count towards your 5 a day
- Have a varied, mixed and balanced diet
- Select healthier snack options
- Drink plenty of water
- Be physically active every day

St. Francis' College produces menus that provide a healthy, nutritionally balanced diet.

The importance of good nutrition throughout the school is essential and can directly affect pupils' growth, development, behaviour and educational attainment. The College works in partnership with the Institute of Food, Brain and behaviour (IFBB) researching the impact of a balanced diet and the role that nutrients play on children's development. Using the research and their in house team of nutritionists, they have developed their own nutrition guidelines for chefs to use when planning menus.

A minimum of three portions of fruit and vegetables is provided every day (5 for boarders). Starchy carbohydrates cooked in oil are served no more than twice a week. There is a big focus on vegetarian dishes, fish is served at least once a fortnight and processed meats are restricted. Milk and yogurt are available daily and foods high in fat, sugar and salt are restricted.

At St Francis' College, we believe it is our responsibility to encourage pupils to eat a balanced diet by creating attractive, nutritious menus and informing pupils how to eat healthily.

The College Food Committee was formed in 2009 with representatives from pupils of all years (Senior, day and boarding) the Head of Food and Nutrition and the Catering Manager. It meets

termly to discuss food issues and menu suggestions. Messages about food and nutrition taught in the curriculum are echoed and reinforced by the type of food and drink available during the school day.

### **Food and Nutrition Lessons**

All pupils from Year 1 to Year 9 are taught Food and Nutrition. It is also an option subject at GCSE. Healthy eating is taught across all year groups and an understanding of diet and health is taught around the Eatwell Guide and the 8 tips for healthy eating. These progress, in the Senior School, to an understanding of the main nutrients and how dietary needs vary through life.

An understanding of a healthy diet and lifestyle and how to make correct choices is essential preparation for life. The information is delivered in variety of ways and often links directly to the production of healthy dishes in practical lessons.

Diet and healthy lifestyle are also a feature of PSHE lessons.

St. Francis' College seeks to be nut and peanut free where possible, but is not a nut free site.

### **Related Policies**

Allergy Management Policy  
Eating Disorder Policy

### **Version Control**

Prepared by:	Senior Deputy Head
Reviewed by:	Head
Reviewed:	November 2024
Next Review:	November 2027