



# Heathy Eating Policy



We believe that education about health issues is very important for the development of our pupils both now and for the future.

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## A Healthy Balanced Diet

A child's healthy, balanced diet should consist of (unless on a specialised diet):

1. Plenty of fruit and vegetables
2. Plenty of unrefined starchy foods
3. Some meat, fish, eggs, beans and other non-dairy sources of protein
4. Some milk and dairy foods (and a small amount of food and drink high in fat, sugar and/or salt).

During snack times at school, pupils are offered a range of food items which are extended through each age phase aiming to expand taste experiences, diet, giving opportunities to explore different flavours, textures etc. and oral-motor skills.

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## Benefits of Healthy Eating

- Helps young people develop, grow and work well in school
- Prevents childhood and adolescent health problems such as obesity, eating disorders, tooth decay and anaemia
- May help prevent health problems later in life, including heart disease, diabetes and cancer
- Establishing healthy eating habits as part of a healthy lifestyle at a young age is critical because changing poor eating patterns in adulthood can be difficult
- Sitting down to a meal with other children is an important part of a child's social education

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## Students on a specialised diet

Some students attending the school have dysphagia and other issues with eating and drinking.

It is essential that advice provided by the NHS speech and language therapy service and other health care professionals regarding dysphagia and feeding needs is followed.

All pupils have feeding guidelines outlining the support that they require at snack and meal times. For pupils with Dysphagia these must be read in conjunction with the NHS guidelines.

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## Monitoring of Pupil's Health

Whenever a pupil shows a significant change in health, weight or mobility, the pupil in question, in consultation with their family and appropriate health professionals, will be offered support with healthy lifestyle advice including targeted interventions.

Where this involves a pupil being regularly weighed, permission will be sought from parents and carers.