



## Malden Oaks Food Policy

### **At Malden Oaks, we aim to:**

- provide a consistent programme of cross-curricular nutrition education that enables students to make informed choices without guilt or anxiety.
- provide a 'whole school, whole day' approach to nutrition that makes the 'healthier choices, easier choices'.
- work in partnership with our young people to achieve a pleasant and sociable dining experience which enhances the social development of each student.
- involve students and parents in decision making.
- educate students to be aware of the origins of different foods and how they are prepared.

### **We also aim to promote healthy & balanced eating by:**

- encouraging parents to provide healthy and nutritious packed lunches for the students
- encouraging students to choose a variety of foods to ensure a balanced intake in line with the following nutritional standards:
  - School Food in England – Departmental Advice for Governing Boards July 2016
  - School Food Standards – January 2015
- encouraging foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat and low fat dairy products.
- encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- encouraging fruit juices, lower fat milk and sugar-free drinks.
- discouraging sugary drinks and less healthy snacks between meals.

### **School Catering**

We believe that the subtle messages that students receive about food and health from daily life within Malden Oaks are as important as those given during lessons, eg lunch menus, peer pressure to eat certain snacks in packed lunches.

- By working together, we promote healthier eating habits.
- Our lunches are provided internally by a qualified cook following the School Food Standards. Choices of healthy, nutritious packed lunches are offered, and special needs catered for.
- Food 'Theme Days' are linked to curriculum areas or calendar events, e.g. a Chinese meal for Chinese week, Halloween Food, Valentines Day cookery, and Bonfire Night Food etc.



- All students are given the opportunity to try vegetables as part of their timetabled cookery lessons and 'Themed' meals. They are encouraged to try some, even if it is a small portion.

All students are encouraged to have school meals to support the development of social skills and to promote acceptance of a wide range of foods.

### **Free School Meals**

The school recognises the particular value of school meals to students from low-income families. The system for free school meals is actively promoted to parents and a non-discriminatory process is emphasised.

### **Breakfast Club (KS3 only)**

We provide breakfast for our Key Stage 3 students at the beginning of the school day. We serve hot toast or cereal and a drink as we are aware that some students may not have had breakfast before coming into school and this impacts on their concentration levels.

### **Morning break**

During morning break we offer our students a choice of fresh fruit to eat as a healthy, mid-morning snack.

### **Drinks Policy**

- Students are encouraged to drink three to four glasses of water at school particularly after PE and in hot weather.
- Water or fruit juice is provided with students' lunches.

### **Rewards**

To ensure consistent messages, sweets are not used as rewards.

### **Curriculum, Teaching and Learning**

- The National Nutrition Guide – 'The Balance of Good Health' - is used to inform curriculum planning and learning outcomes.
- All Malden Oaks students have an opportunity to participate classroom cooking lessons.
- The Level WJEC Level 1/2 award in Hospitality qualification is studied for during KS4
- Multicultural aspects of food are explored and linked with school meal 'Theme Days'.
- Students are given the opportunity to taste a variety of foods.

# Malden Oaks



*Investing in success*

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## **Parental Involvement**

Information about Malden Oaks cookery lessons and 'Themed Meals' are reported on regularly through our website ([www.maldenoaks.org](http://www.maldenoaks.org)). Feedback from parents is invited and welcomed.

Agreed by SLT - December 2016

Review December 2019