Woodley Primary School

Together we care, inspire and achieve

WHOLE SCHOOL FOOD POLICY

Approved by:	Full Governing Board	**Date:** 05/02/2026
Last reviewed on:	February 2026	
Next review due by:	February 2027	

INTRODUCTION

This policy covers all aspects of food and drink at school. The school is dedicated to providing an environment that promotes healthy food and eating, enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The policy was formulated through consultation between members of staff, governors, caterers, parents/carers, children/young people.

The policy is communicated to the entire school community. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day and our partners that share our school premises.

The nutritional principles of this policy are based on current evidence based findings; and the Eatwell Guide is the agreed model for ensuring a healthy balanced diet.
https://www.nhs.uk/Live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/
https://www.gov.uk/government/publications/the-eatwell-guide

The school will follow the school food standards for food throughout the school day.
https://www.gov.uk/government/publications/school-food-standards-resources-for-schools
Further information can also be found in the School Food Plan (2014)
www.schoolfoodplan.com

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by the Headteacher and the members of the Senior Leadership Team that oversees all aspects of food in school are the Headteacher, Curriculum Leader and Business Manager.

FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes

2. To provide healthy food/drink choices throughout the school day and strive to ensure food brought into school is nutritious

3. To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff and visitors to our school

1. **CURRICULUM**

Woodley Primary School provides a progressive food curriculum that integrates scientific understanding of the human body, the practical life skills of design and technology and the social-emotional awareness of healthy lifestyle choices to ensure every child develops a holistic, lifelong relationship with nutrition and wellbeing.

Early Years (EYFS)

Science: Understand the importance of healthy food choices and manage basic personal needs.

DT: Explore the jobs of people in the community, such as bakers; choose tools and materials to make something.

PSHE: Recognise how different foods make them feel; know what "healthy" means and identify examples of healthy food.

Year 1

Science: Classify animals (including humans) as carnivores, herbivores, or omnivores based on what they eat.

DT (Plant Power): Explore fruits and vegetables; practice basic hygiene (washing hands) and safe peeling/cutting to create appealing snacks.

PSHE: Understand the difference between being healthy and unhealthy; learn that lifestyle choices affect wellbeing.

Year 2

Science: Describe the basic needs of humans for survival (food and water); explain the importance of eating the right amounts of different food types.

DT (Super Veggies): Explore how vegetables like potatoes are grown and cooked; follow a recipe to prepare and cook food safely.

PSHE: Learn how to make healthy snacks and identify which foods give the body "energy" or "fuel."

Year 3

Science: Identify that animals and humans cannot make their own food; they require the right types and amounts of nutrition from what they eat.

DT (Seasonal Summer Rolls): Understand seasonality of root vegetables; use greater control when peeling, slicing, and grating.

PSHE: Understand how the amount of sugar and fat in food affects the body; learn to read food labels for nutritional content.

Year 4

Science: Describe the functions of the human digestive system and the different types of human teeth; construct food chains (producers, predators, prey).

DT (Chocolate That Cares): Learn about Fairtrade and ethical sourcing; understand how ingredients are processed from farm to consumer.

PSHE: Discuss how "what we think is right and wrong" affects our health choices.

Year 5

Science: Focuses on the life cycles of plants/animals and human development into old age.

DT (Central American Cuisine): Explore how culture and seasonality influence recipes; follow multi-step recipes (e.g., guacamole, salsa) independently.

PSHE: Examine how the media and celebrity culture influence body image and attitudes toward food.

Year 6

Science: Describe how nutrients and water are transported within the body; recognize the impact of diet and lifestyle on how the body functions.

DT (Mix It Up): Evaluate how flavour, texture, and presentation contribute to successful food products; apply advanced preparation techniques.

PSHE: Understand the link between nutrition and mental health (e.g. how nutrients affect serotonin and emotional wellbeing).

Summary of Progression

Nutritional knowledge: Moves from "healthy vs. unhealthy" (KS1) to specific nutrients, calories, and biological transport (KS2).

Practical skills: Progresses from simple washing/tearing (EYFS) to safe knife skills (LKS2) and independent multi-step cooking (UKS2).

Consumer awareness: Evolves from identifying favourite snacks to understanding food labels, global supply chains, and Fairtrade ethics.

Emotional connection: Shifts from "how food makes me feel" to understanding media influence, body image and the link between diet and mental health.

TEACHING METHODS/RESOURCES

- Practical food preparation: Frequent "hands-on" cooking sessions where children practice age-appropriate skills, such as safe knife control (bridge and claw grips), peeling, grating, and following multi-step recipes.
- Scientific inquiry & classification: Use of animal and human biological models to explore digestive systems, dental functions, and the transport of nutrients within the body.
- Sensory exploration: Investigative "tasting" sessions - particularly in EYFS and KS1 - to explore flavours, textures, and the origins of different fruits and vegetables.

- Data analysis & label reading: Utilising real-world food packaging in Upper KS2 to analyse nutritional content (calories, fat, sugar) and practice informed decision-making.
- Global & ethical case studies: Using "Fairtrade" and "Cultural Cuisine" units (e.g., Central American studies) to explore global food systems, sustainability, and how ingredients are processed from farm to fork.
- Mindful discussion (Jigsaw approach): Circle-time and reflective discussion to explore the emotional links between food and mental health, including the role of serotonin and the influence of media on body image.
- Cross-curricular mapping: Explicitly linking Science "Biology" units (nutrition and survival) with DT "Food" units (making and evaluating) to reinforce the connection between what we eat and how the
- Technical vocabulary displays: The use of "Working Walls" that showcase specific terminology from the documents, such as nutritious, homeostasis, seasonality, producer, and fairtrade.

2. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

The revised standards for school food came into force on 1 January 2015 and are set out in the requirements for School Food Regulations 2014.

The government encourages all schools to promote healthy eating and provide healthy, tasty and nutritious food and drink. Compliance with the requirements for School Food Regulations 2014 is mandatory for all maintained schools including academies and free schools. These school food standards are to ensure that food provided to pupils in school is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating behaviour.

The regulations set out the requirements for school lunches provided to registered pupils, whether on the school premises or not, and to any other person on the school premises.

The regulations also set out the requirements for food and drink other than lunch, provided to pupils on and off school premises up to 6pm, including breakfast clubs, tuck shops, mid-morning break, vending and after school clubs.

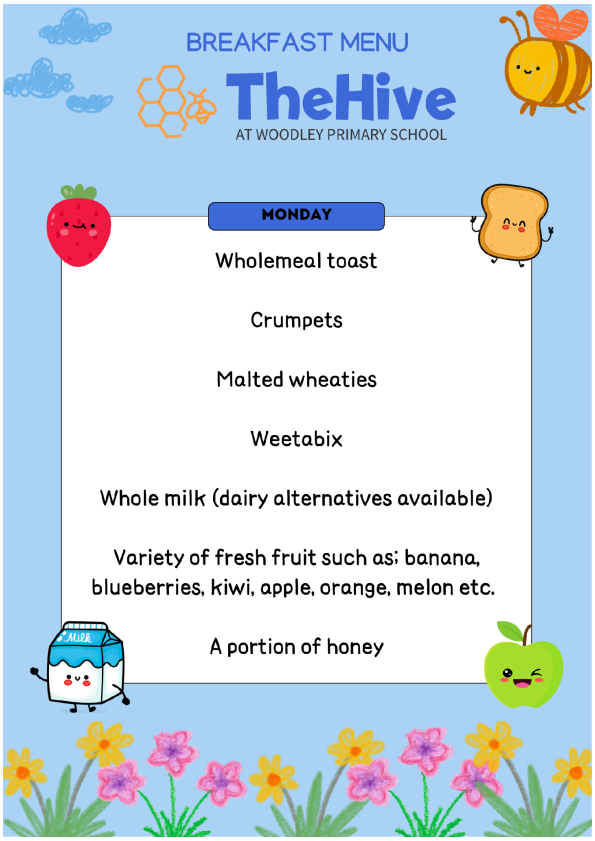
Full details and guidance are available at:
https://www.gov.uk/government/publications/standards-for-school-food-in-england/school-food-in-england
https://www.gov.uk/government/publications/school-food-standards-resources-for-schools

BREAKFAST CLUB

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day and complies with the standards for school food other than lunch. Checklist for school food other than lunch https://www.gov.uk/government/publications/school-food-standards-resources-for-schools

Here is an example breakfast menu:



BREAKTIME SNACKS

The school recognises that children have high energy requirements and that a mid-morning snack is essential for maintaining concentration and emotional regulation.

We encourage parents to provide snacks that are filling and low in processed sugar. While fresh fruit and vegetables are always our first recommendation, the following are also welcomed:

- Savoury carbohydrates: Rice cakes, breadsticks, oatcakes, crackers or a small piece of malt loaf.
- Protein & dairy: Cheese portions (cubes or strings), plain or fruit yogurts or a hard-boiled egg.
- Home-bake alternatives: Homemade muffins or pancakes with fruit e.g. banana or blueberry.
- Sandwich: A small snack such as half a sandwich with a simple filling (jam/chocolate spread are discouraged).

We participate in the National Fruit & Vegetable Scheme and provide free fruit and vegetables to all children in EYFS and KS1.

Water and hydration: Children are encouraged to bring a refillable water bottle to school daily. This should contain plain water only. Fruit juices, squashes and fizzy drinks are not permitted as drinks due to their high acid and sugar content, which can contribute to tooth decay, especially when drunk between meals.

SCHOOL LUNCH

Woodley Primary School operates an in-house catering provision. All food prepared by the school catering team meets the School Food Standards, this is verified by our catering partner, Dukefield (https://www.dukefieldfood.com/)

As a school we encourage pupils to have a school lunch provided by our catering service and free school meals are provided to all those pupils who are entitled to them. We are registered users of the Online Free School Meal checker to ensure we capture as many entitled families as possible.

Healthy options are promoted at lunchtime. Children are consulted about food choices via pupil surveys, pupil parliament and reviewing the uptake of meals.

Samples of menu items are provided to encourage children to try new, healthy foods and a salad bar is provided so pupils can try new vegetables and eat plenty of the vegetables they enjoy.

NUT ALLERGY AWARENESS

Woodley Primary School is a 'Nut Allergy Aware' school. While we are not a "nut-free" zone, we strongly encourage parents to be mindful of children in our community with severe allergies.

For this reason, we ask that parents and carers do not send in any food containing nuts or nut-based products (including spreads like peanut butter, chocolate and hazelnut spread), to help keep all our children and staff safe.

Children that DO bring in food that does contain nuts or nut products will:

- Be offered a suitable alternative if one is available e.g. piece of fruit.
- Be asked to eat that food away from other students if possible and no alternatives are appropriate.
- Be asked to wash their hands before going to play.
- Receive a phone call or message home to ask that parents or carers don't send in nut products again.

Staff will be alert to any obvious signs of nuts or nut products being brought in, but they will not inspect all food brought into school. All staff, parents and children should remain alert to the possibility of nuts entering the school site and know how to act accordingly if this is the case.

PACKED LUNCHES

The school encourages parents and carers to provide children with packed lunches that compliment the nutritional standards. This is achieved by promoting healthy balanced packed lunch options using the principles of the Eatwell Guide. This will ensure children having packed lunches have a healthy balanced meal.

At Woodley Primary School, we believe that a balanced lunch is vital for a child's concentration, energy, and overall wellbeing. We work closely with parents to ensure our pupils have the fuel they need to succeed throughout the school day. To support parents and carers, we have provided some guidance for a healthy lunchbox:

Advice for a Healthy Lunchbox

We recommend following the "Eatwell" principle by including:

- A Starchy Base: Bread, wraps, pasta, rice, or couscous.
- Protein: Lean meat, fish, eggs, beans, or pulses.
- Dairy: A small yogurt, cheese cube, or milk.
- Fruit & Veg: Aim for at least one portion of veg (like carrot sticks) and one portion of fruit

To support our healthy eating policy and maintain dental hygiene, we ask that the following items not be included in packed lunches:

- Fizzy Drinks: Please provide water, milk, or diluted fruit juice instead.
- Sweets and Chocolate Bars: Confectionery is discouraged; however, a small biscuit or a chocolate-coated wafer is acceptable as part of a balanced meal.
- Energy Drinks: These are strictly prohibited due to high caffeine and sugar content.

Guidance for EYFS children

In line with safety guidelines, please ensure food is prepared in a way that is easy for small mouths to manage:

- Grapes & cherry tomatoes: Always cut these lengthwise (into quarters) rather than width-wise.
- Sausages/hot dogs: Cut into thin strips rather than rounds.
- Hard fruit: Slice apples or pears into thin wedges rather than leaving them whole.

Lunchtime is a big part of developing 'self-care' skills in EYFS.

You can help your child feel confident by:

- Using easy-open containers: Check that your child can open their own lunchbox and water bottle.
- Providing partially-peeled Fruit: Partially peel oranges or satsumas so they can do the rest.
- Small portions: Use bite-sized pieces that are easy to pick up with small fingers or a fork.

Warm Food & Thermal Flasks

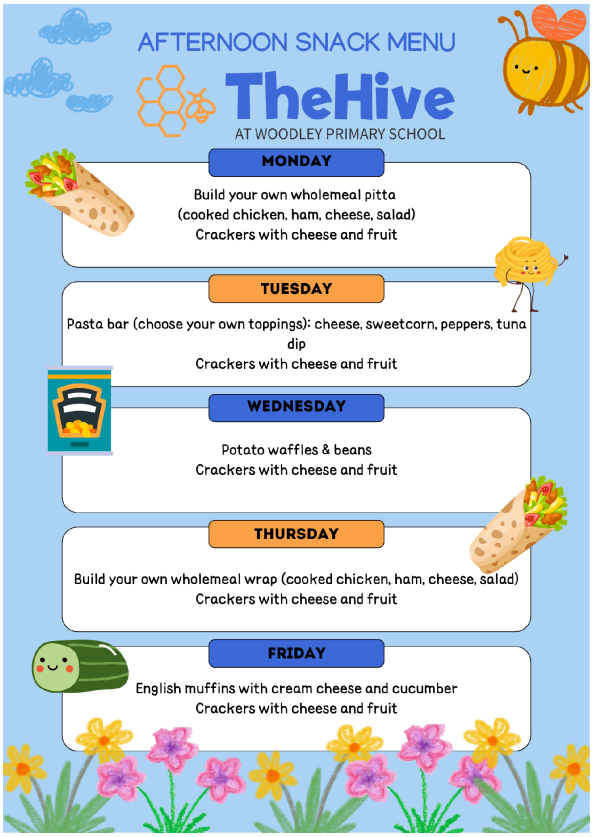
We recognise that some parents wish to provide their children with warm meal options, such as pasta, soup, or stews. To ensure this is done safely and hygienically, we ask that you adhere to the following guidelines:

- Thermal Flasks: Warm food must be stored in a high-quality, leak-proof thermal flask designed for food. Please ensure the lid is tightened securely but can be opened by your child (or with minimal assistance).
- Utensils: For safety reasons, please do not send metal cutlery from home, but provide suitable 'picnic' style cutlery. OR The school will provide safe, age-appropriate utensils for children eating warm food.

- Temperature and food safety: It is the responsibility of the parent/carer to ensure that food is heated thoroughly before being placed in the flask, and kept at a safe temperature to remain safe to eat.
- Scalding prevention: Please ensure the food is at a "ready-to-eat" temperature by the time of consumption to prevent accidental scalds or burns.
- Suitability: Please avoid sending highly liquid soups to very young children (EYFS) unless they are confident using a spoon, to minimise the risk of spills and burns.

AFTER SCHOOL CLUB

The food and drink provision at our after school club is in line with the overall whole school food policy and complies with standards for all school food other than lunches.



DRINKING WATER

The School Food Standards recommend that free, fresh drinking water must be available at all times

The school agrees with this recommendation and provides a free supply of drinking water and will encourage pupils to drink at frequent intervals throughout the day. Water is available for all pupils at the lunchtime meal service. School requires parents and carers to send their child to school with a refillable water bottle each day.

3. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS - RELIGIOUS AND ETHNIC GROUPS

The school provides food in accordance with pupils' religious beliefs and cultural practices as required.

VEGETARIAN DIETS/HALAL MEALS

At Woodley Primary School, we strive to be inclusive of all dietary and religious requirements.

Our school caterers provide a nutritious vegetarian main course every day.

Where a specific meat requirement (such as Halal) cannot be met, a vegetarian alternative will be provided as the primary option to ensure all children have access to a hot, balanced meal that meets their dietary needs.

SPECIAL DIETS - MEDICAL

Under section 100 of the Children and Families Act 2014, schools have a duty to support pupils at their school with medical conditions. We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this.

Individual care plans need to be created for pupils with allergies. These should document symptoms and adverse reactions, actions to be taken in an emergency, emergency contact details, along with any particular food requirements e.g. for high-energy diets.

The school and school caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process. Parents and carers must complete any medical or dietary information on the school admission form or via the form provided by the school office.

4. CELEBRATIONS & OTHER OCCASIONS

While we maintain high standards for nutrition, we also recognise that Woodley Primary School is a community that enjoys celebrating special occasions together, and at times food will be a part of those celebrations. We believe that teaching children about 'balance' includes understanding that some foods are 'sometimes' foods, reserved for special occasions.

Birthday treats

If you would like to send in a treat for your child's birthday, we ask that these be small, individual items (such as a mini cupcake or a small fun-size biscuit). Even for celebrations, all items must remain nut-free to ensure the safety of our pupils with allergies.

Many parents now choose to send in 'non-food' treats to share, such as a pack of stickers or a book for the class library, which we highly encourage!

Parties and school events

During the year, classes may hold a class party day to celebrate special occasions. To ensure these events are safe and enjoyable for everyone, we follow these guidelines:

Individual portions: We ask that parents send in an individual portion of treats for their own child to enjoy. This helps us manage dietary requirements and ensures every child has a snack they can safely eat.

School provision: Alternatively, the school may choose to provide small treats directly for the children to enjoy together.

Cultural sharing

We love to celebrate the diversity of our school and we encourage parents to share traditional celebration foods from their own cultures during these times, provided they adhere to our allergy guidelines.

When sending in food for a celebration, please ensure all ingredients are clearly labelled. This is vital for our staff to cross reference with our medical and allergy registers. If an item contains nuts or does not have an ingredient list, we unfortunately will not be able to distribute it to the children.

4. FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.

5. THE FOOD AND EATING ENVIRONMENT

The school will provide a clean, sociable environment for pupils to eat their lunch and has developed the healthy/welcoming aspects of the dining room environment.

Lunch time supervisors will help to ensure a safe, enjoyable experience at lunchtime and will be able to encourage healthy eating.

6. CONSULTATION/MONITORING AND EVALUATION

This policy has been developed through wide consultation with the whole school community. The policy and its impact is reviewed on an ongoing basis.

The policy is communicated to the entire school community and new families/staff to our school are made aware of its importance.

7. REVIEW

Date policy implemented: February 2026
Review Date: February 2027