



# King's High School

Policy:	<i>Healthy Eating</i>
Applies to:	<i>King's High School Staff and Pupils</i>
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Approved by:	<i>KHS Committee, June 2018</i>
Reviewed:	<i>1 July 2019; 1 July 2020</i>
Signed:	<i>S Watson, Deputy Head</i>

## Healthy Eating Working Party at King's High School

### The need for a Whole School Policy

With an increasing awareness of the importance of healthy attitudes and eating habits, schools have a key role in nurturing these in their students. Healthy eating issues infringe on not only the obvious areas such as provision of food: lunches, snacks and in food technology, but also as part of the pastoral subjects: social and health education, citizenship and science subjects. It is important for King's High to establish guidelines and to present these clearly, ensuring a consistent approach so that teaching and catering staff, suppliers, parents and students all receive a comprehensive message that can be referred to and is applicable to all aspects of food in school.

### Policy

In April 2001, the UK government re-introduced compulsory nutritional standards for school lunches. One of these sets of regulations exists for pupils in secondary schools & we have to conform to these guidelines.

A good diet is important for good health and can help to maintain a healthy body weight, enhance general wellbeing and reduce the risk of heart disease, strokes, cancer, diabetes, osteoporosis and other diseases. Healthy eating will also help to maximise optimum teenage development.

Our school is fully committed to a planned programme of healthy eating within the school. We believe that this should be achieved by identifying the benefits to the pupils of a healthy balanced diet combined with regular exercise. The school places great emphasis on a balanced diet and prefers to make their own meals on the premises from fresh ingredients, locally-sourced when possible, rather than buying ready prepared meals. This applies to food served at all times of the day.

To aid this, the following practices will be followed:

1. no animal fats to be used in the cooking and preparation of foods.
2. polyunsaturated spreads to be offered as an alternative to butter.
3. reduced amount of sugar, salt, vegetable fats and eggs to be used in the recipes.
4. menu compilation:
  - ◆ reduced number of deep and shallow fried items
  - ◆ increased use of pulses
  - ◆ vegetarian dishes to be available at all meals
  - ◆ vegetables offered crisp rather than cooked until soft
  - ◆ semi-skimmed milk to be used
  - ◆ fresh fruit to be available at all meals
  - ◆ fresh fish from sustainable sources and chicken (free range whenever possible) to feature strongly on menus
  - ◆ wholemeal flour to be introduced into recipes whenever possible
  - ◆ wholemeal pasta and brown rice offered as an alternative
  - ◆ salad bar and jacket potatoes to be available at all meals
  - ◆ yoghurts available at all meals
  - ◆ no nuts to be included in any food offered to girls, including any in the vending machine, because of the increasing prevalence of nut allergies

Drinking water should be readily available around the school for all members of the school community. The vending machine(s) will offer healthier versions of snacks and confectionery, reducing the amount of high fat and sugar sweets offered.

### **Healthy Eating within the curriculum**

Science and Food departments will cover aspects of Healthy Eating within curriculum teaching in addition to the content delivered during the PSHE/Health Studies programme. This will include aspects of nutrition and healthy living in Biology and, for example, when covering plant oils and food additives in GCSE Chemistry.

### **Promotional activities and events**

King's High will actively encourage Healthy Eating and related activities to do with exercise by the use of promotional material around the school. Girls will continue to play an active role in the promotion of healthy lifestyles. The Lunch Committee will meet regularly to constantly review the effectiveness of the implementation of our policy with respect to food in the school dining room.