

Document Name:	Healthy Eating Policy
Review Committee:	Full Governing Body
Reviewed:	Spring 2020
Approved:	21 <sup>st</sup> January 2020
Review Date:	Spring 2022



## **Rationale**

A balanced diet is essential for the maintenance and protection of health, to ensure that full mental and physical potential is reached each day and to optimise growth and development. Developing a healthy diet and good eating habits early in life will lay the foundations for future health.

## **Aims and Objectives**

- To give children accurate information, provide opportunities and experiences to explore the role of healthy eating; enabling them to lead a healthy lifestyle
- To promote positive attitudes towards healthy living
- To increase the amount of balanced lunchboxes and snacks at break time
- To be delivered through the existing curriculum, mainly through the National Curriculum Science, PSHE and themed Healthy Living Weeks.

## **Implementation and Monitoring**

Healthy Eating is taught during PSHE, Science and through whole school approaches. It will be delivered by the Class Teacher and supported by the Subject Leader as necessary, through a wide range of activities and experiences across and beyond the curriculum.

Children will be rewarded for their healthy eating and positive attitudes to leading a healthy lifestyle. This will be done during break times, when looking out for healthy snacks, and lunchtimes, while looking for healthy lunchboxes. Consequently, rewards will be given to promote their healthy choices.

## **Review**

The subject leader, in consultation with the head teacher, staff and governors produced this policy in Spring 2020. It will be reviewed in Spring 2022.