



MATHS & COMPUTING COLLEGE

## **Cantell Maths and Computing College**

### **FOOD & NUTRITION POLICY**

**Summer Term 2010**

#### ***Every Child Matters***

Policy Dated: 12<sup>th</sup> May 2010

Review Date: 12<sup>th</sup> May 2012

Ratified by Policies Committee of the Governing Body: May 2010

Signed by:

Headteacher: R. Evans

Chair of Policies Committee: H. Inskip

## **Policy Statement**

This policy is designed to promote the health and wellbeing of all members of the Cantell community through an understanding and a practice of healthy eating. The policy will inform both the taught curriculum and the preparation and consumption of food. It is designed to educate all members of the community with regard to healthy eating so that the practice continues away from Cantell and into the future lives of members of the community.

The basis of the policy is that a balanced healthy, nutritious diet is important for the development of a person's physical state and their intellectual abilities.

### **The following key aspects of Food & Nutrition will be delivered in the school curriculum:**

- The components of a healthy diet
- The importance of healthy eating both now and in the future
- How foods are grown
- The environmental and economic implications of food production
- Issues relating to Fair Trade – geographical, historical and sociological
- Diet for sport training
- Food preparation and handling
- Food Hygiene
- Human digestion

These will be mapped across the curriculum to ensure coverage by the Subject Leader for Personal, Social and Health Education and the Leader for Food Technology.

## **The Curriculum**

The Licence to Cook scheme is an entitlement for all Key Stage 3 learners. The study of and assessment of Food Technology becomes statutory from 2011. The KS3 Food Technology curriculum at Cantell Maths & Computing College maps both the Programme of Study (PoS) for Design Technology (Food) and the requirements of the Licence to Cook scheme.

All students follow this programme in Key Stage 3. The study of Food Technology is an entitlement for all students in Key Stage 4 as an option subject.

## **The Design (Food) Technology Importance Statement**

In design and technology pupils combine practical and technological skills with creative thinking to design and make products and systems that meet human needs. They learn to use current technologies and consider the impact of future technological developments. They learn to think creatively and intervene to improve the quality of life, solving problems as individuals and members of a team. Working in stimulating contexts that provide a range of

opportunities and draw on the local ethos, community and wider world, pupils identify needs and opportunities. They respond with ideas, products and systems, challenging expectations where appropriate. They combine practical and intellectual skills with an understanding of aesthetic, technical, cultural, health, social, emotional, economic, industrial and environmental issues. As they do so, they evaluate present and past design and technology, and its uses and effects. Through design and technology pupils develop confidence in using practical skills and become discriminating users of products. They apply their creative thinking and learn to innovate.

## **The Design (Food) Technology Programmes of Study**

### **Key Processes**

These are the essential skills and processes that pupils are taught to make progress.

Pupils are taught to:

- generate, develop, model and communicate ideas in a range of ways, using appropriate strategies;
- respond creatively to briefs, developing their own proposals and producing specifications for products;
- apply their knowledge and understanding of a range of materials, ingredients and technologies to design and make their products;
- use their understanding of others' designing to inform their own;
- plan and organise activities and then shape, form, mix, assemble and finish materials, components or ingredients;
- evaluate which hand and machine tools, equipment and computer-aided design/manufacture (CAD/CAM) facilities are the most appropriate to use;
- solve technical problems;
- reflect critically when evaluating and modifying their ideas and proposals to improve products throughout their development and manufacture.

In designing students develop an understanding of:

- users' needs and the problems arising from them;
- the criteria used to judge the quality of products, including fitness for purpose, the extent to which they meet a clear need and whether resources have been used appropriately;
- the impact of products beyond meeting their original purpose and how to assess products in terms of sustainability aesthetic, technical, constructional and relevant wider issues that may influence designing, selection of materials, making and product development.

In making students develop an understanding of:

- a broad range of practical skills, techniques, equipment and standard recipes, and how to use them to develop, plan and cook meals and single or multiple products;
- how to plan and carry out a broad range of practical cooking tasks safely and hygienically;
- healthy eating models relating to a balanced diet, the nutritional needs of different groups in society and the factors affecting food choice and how to take these into account when planning, preparing and cooking meals and products;
- the characteristics of a broad range of ingredients, including their nutritional, functional and sensory properties.

As well as the taught curriculum students will be encouraged to adopt a practice of eating more healthily through a more pro-active approach to improving the health and wellbeing of students while at Cantell. The policy therefore also prescribes action with regard to:

- Non-school Lunch Packs
- School Meals
- The Student Voice

The school will work with its preferred caterer, school staff and other professionals to promote healthy eating habits generally and also to support students with eating disorders or with specific dietary requirements. The Welfare Officer will disseminate to staff any information relating to the medical requirements of students with dietary requirements.

### **Lunch Packs**

The school will provide information on healthy foods that should be included in lunch packs from home. This information will be made available on the Website.

Appendix 1 gives detailed recommendations, drawn from the British Nutrition Foundation, for packed lunches provided from home. Communication, between parents and the school on these issues, is encouraged, but specifically will be part of Year 7 Induction.

### **School Meals**

The school will provide for healthy meals at all the various times throughout the day when food is available and being consumed.

Appendix 2 gives the very specific guidelines for nutritional standards for school meals (September 2009). The Business Manager working with the schools preferred caterer will ensure these guidelines are met.

Further to the food that is prepared, the school will provide a clean and sociable environment, indoors and out, for all people: staff, students and visitors, to eat their food in.

The Business Manager will ensure that any food preparation and eating area complies with the highest standards of hygiene and will ensure that staff are trained as necessary.

### **Students Voice**

- The school council will be involved in consultation regarding healthy food options and the perceived quality of food that is prepared.
- The school council will be involved in disseminating the healthy eating policy and healthy eating messages to the classes.
- The school council will be given the opportunity to meet with representatives of the preferred caterer at regular intervals.

This policy will be regularly reviewed and the proposals and recommendations of this policy will be actively monitored.

## Appendix 1

Parents deciding to give packed lunches should be advised of the following recommended guidelines set out by the British Nutrition Foundation.

A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured)

Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures can, after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.

In addition, it is suggested that parents do not include the following items in packed lunches:

- Sweets, chocolate, etc.
- Crisps or any packet savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- Sweet nut bars, etc.
- Foods containing salted nuts, etc.
- Packets of salted nuts

## Appendix 2

### Working with the school's caterer:

The school and its caterer must meet the new nutritional standards for school meals (19 May 2006) and non-school meal food provided in school. The school and its caterer now must offer the following food groups as part of the school meal:

<p><b>Fruits and vegetables -</b></p> <p>these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice)</p>	<ul style="list-style-type: none"> <li>• Not less than two portions per day per child, at least one of which should be salad or vegetables, and at least one of which should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice)</li> </ul>
<p><b>Meat, fish and other non-dairy sources of protein -</b></p> <p>these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; nuts; pulses; and beans (other than green beans)</p>	<ul style="list-style-type: none"> <li>• A food from this group should be available on a daily basis</li> <li>• Red meat shall be available three times per week in secondary schools</li> <li>• Fish shall be available twice per week in secondary schools. Of that fish, oily fish shall be available at least once every three weeks</li> <li>• For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein</li> </ul>
<p><b>Manufactured meat products</b></p>	<p>Manufactured meat products may be served occasionally as part of school lunches, provided that they:</p> <ol style="list-style-type: none"> <li>i) Meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2003. Products not specifically covered by these legal minimal must meet the same minimum meat content levels prescribed for burgers</li> <li>ii) are not "economy burgers" as described in the Meat Products (England) Regulations 2003; and</li> </ol> <p>Contain none of the following list of offal, except that mammalian large or</p>

	<p>small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products): Brains, lungs, rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen, udder.</p>
<p><b>Starchy foods (also see additional requirement on deep frying below)</b></p> <p>-</p> <p><b>these include all bread (e.g. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal</b></p>	<ul style="list-style-type: none"> <li>• A food from this group should be available on a daily basis</li> <li>• Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week</li> <li>• On every day that a fat or oil is used in the cooking process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available</li> </ul> <p>In addition, bread should be available on a daily basis</p>
<p><b>Deep fried products</b></p>	<p>Meals should not contain more than two deep fried products in a single week. This includes products which are deep-fried in the manufacturing process.</p>
<p><b>Milk and dairy foods -</b></p> <p><b>includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard</b></p>	<p>A food from this group should be available on a daily basis.</p>
<p><b>Drinks</b></p>	<p>The only drinks available should be:</p> <ul style="list-style-type: none"> <li>• plain water (still or fizzy);</li> <li>• milk (skimmed or semi-skimmed);</li> <li>• pure fruit juices;</li> <li>• yoghurt or milk drinks (with less than 5% added sugar);</li> <li>• drinks made from combinations of those in bullet points 1 to 4 on this list (e.g. smoothies);</li> <li>• low calorie hot chocolate;</li> <li>• tea; and</li> </ul>

	<ul style="list-style-type: none"> <li>• coffee</li> </ul> <p>NB - Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk</p>
<b>Water</b>	There should be easy access to free, fresh drinking water.
<b>Salt and condiments</b>	<p>Table salt should not be made available.</p> <p>If made available, condiments should be available only in sachets.</p>
<b>Confectionery and savoury snacks</b>	<p>Confectionery, chocolate and chocolate-coated products (excluding cocoa powder used in chocolate cakes, or low calorie hot drinking chocolate) shall not be available throughout the lunch time.</p> <p>The only savoury snacks available should be nuts and seeds with no added salt or sugar.</p>

**Breakfast clubs:**

- Only wholegrain cereals will be available.
- Fresh fruit will be available.
- Wholemeal bread will be used for toast.
- A variety of low salt, low sugar, low fat spreads will be available.
- Bacon will be grilled.
- The school will provide a pleasant dining environment in which to sit.

**Vending Machines:**

- Only water, pure fruit juice or milk drink
- Fruit
- Wholemeal/ grain bars
- Low sugar, low fat, low salt health food items