



Caversham Preparatory School

Policies and Procedures

Healthy Eating Policy

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Introduction

This policy is for all pupils, including those in the EYFS. It has been updated to take account of the EYFS Food and Nutrition Guidelines that became statutory for all children in the EYFS. It must be read alongside the EYFS Food and Nutrition Guidelines 2025 as The Early Years Guidelines state that Early Years settings must follow the School Food Standards (SFS) but must also take into account the EYFS nutrition guidance.

At Caversham Preparatory School we recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. This policy states the ways in which our school community supports pupils in developing their knowledge and understanding of the importance of a healthy diet in their everyday lives. This policy also describes how the school community helps pupils to develop the skills and attitudes that will help them make informed healthy choices both in and out of school. We recognise that it is important for the whole school to use consistent messages around healthy eating.

Aims and Objectives

- To make the provision and consumption of food an enjoyable and safe experience.
- To improve the health of our pupils by helping to influence their eating habits through increasing their knowledge and awareness of food issues.
- To provide a consistent programme of cross-curricular nutrition education.

Catering

Our meals are brought to us from Queen Anne's School. Their kitchen is run by Thomas Franks Ltd. who are dedicated to sourcing the best fresh, local, seasonal produce that is organic, free range, fair trade and GM free wherever possible. Pupils enjoy a range of balanced lunches and teas. Pupils are offered a wide choice of hot and cold meals (including vegetarian options) made from fresh, good quality and where possible local ingredients. All school meals meet the Government Nutritional Standards for school lunches and are reviewed regularly by our Healthy Schools Coordinator.

Pupils have the choice of purchasing a school meal or bringing a packed lunch from home. They are encouraged to take their time to eat their lunch and to eat as much of it as possible. Menus are displayed in school and can be found on the school web site.

The Healthy Eating Curriculum

- Healthy Eating is explicitly addressed within the Science, PSCH and Citizenship and D&T curriculum.
- Each curriculum subject will be developing a range of skills and understanding that will contribute towards these areas. (See appendix 1 for explicit references to Healthy Eating in the National Curriculum.) A wide range of teaching approaches and resources are used to deliver the curriculum.
- The school holds a food awareness week every two years to promote Healthy Eating habits.



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Provision of food and drink across the school day

At morning break, children are encouraged to eat a snack of either a piece of fruit or vegetable which they have brought from home. A choice of water (and/or milk for F1, R and Year 1) is provided by the school to drink with the snack.

The teachers and lunchtime supervisors work together to create a happy, sociable dining environment to encourage the development of good table manners.

The Tuck Shop provides healthy tuck that is sold every Friday. The tuck is sourced from a local Wholefood Supplier.

Drinks Provision

We encourage pupils to drink water at school. All pupils are encouraged to bring water bottles into school each day. These can be kept in the classroom so that pupils can have free access to water without needing to leave the room. For Health and Safety reasons, pupils are required to take water bottles home each day to be washed and refilled.

In the infant classrooms, jugs of water and beakers are provided in the classroom for children to have access to water throughout the school day.

Jugs of water and beakers are provided in the hall at every lunchtime.

Milk and water are the only drinks provided by the school. Goats' milk and Soy alternatives are provided for children with milk allergies.

Food Hygiene

Children are always reminded about the importance of hand washing before eating or handling food. Whenever children work with food in the classroom, they are helped to follow basic hygiene routines including wearing a food preparation apron, using clean equipment, always washing hands before and after working with the food, using an individual spoon etc. when tasting food.

Monitoring and Review

This policy is monitored on a day-to-day basis by the Healthy Schools Coordinator, the Head Teacher, class teachers and teachers on duty at lunch time.

Appendix 1

Thomas Franks Catering Food Policy at Caversham Preparatory School

We are committed to providing correctly balanced nutritional menus to enable the children to grow and develop properly.

Our aim:

- One third of the children's diet will consist of cereal foods such as potatoes, bread and other cereals
- Another third will consist of fruit and vegetables



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- The remaining third should be split between meat, fish or vegetarian alternatives such as milk, cheese and yoghurt
- We will minimize fatty, sugary foods and salt from the menus
- Our objective is to help to make it easier for children to make healthier food choices

Policy Administration

Linked Policies

EYFS Food and Nutrition Policy

Quoted Legislation and Guidance

EYFS Food and Nutrition Guidelines 2025

Review Schedule

This policy is subject to 3 yearly reviews unless circumstances require an earlier review.

Update and Review Log

Updated/ Reviewed By	Date	Notes
J Lawson	Oct 2015	Change to our own dining room and servery with Thomas Franks
J Lawson	01.08. 2018	
J Lawson	08.02.21	
A Lawson	Sep 2022	Review and Formatting
J Lawson	June 2025	Linked to new EYFS Food and Nutrition Guidelines 2025