



Farnborough Road Infant School

Healthy Eating Policy

'Learning, Caring and Achieving Together'

Intent

Farnborough Road Infant School is committed to encouraging pupils to develop positive attitudes towards food and a healthy diet.

Promoting a healthy life style is integral to our curriculum and we recognise the importance of providing experiences and developing an understanding that will support pupils' informed eating habits and food choices.

As a school we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

At FRIS we will ensure pupils are well nourished and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.

We will ensure food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.

Implementation

The curriculum

- We give the simple message that eating is healthy and teach the children to enjoy treats in moderation.
- The importance of balanced nutrition and healthy food choices is also explicitly taught through the Understanding of the World/ Science, D.T. and PSED/PSHE curriculum.
- All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from.
- Differences of eating habits and shape and size of pupils and families must be seen as part of the celebration of difference and acknowledged positively and sensitively.
- Language must be considered carefully such as fat, overweight, plump, big, large, thin, underweight
- Values linked to children's descriptions of 'good' and 'bad' food need to be challenged. Instead use language of 'healthier than' or 'less healthy'.

Food in school

- We have a consistent healthy approach to school snacks, sweets, school meals and packed lunches throughout the school.
- Sweets are not used as rewards in school.
- All pupils benefit from the free fruit and vegetables scheme and will be encouraged to eat their piece of fruit as part of their daily snack time.
- The school meals offer variety and balance and are enjoyable. This service is regularly monitored.
- Children are provided with a choice of meal from Reception and menus are shared with parents.
- Pupils' lunch boxes should offer balanced nutrition. Parents are asked not to include chocolate, sweets and fizzy drinks.

Water Provision

- At Farnborough Road Infant School we provide a school water bottle at the beginning of each academic year and actively encourage all pupils to bring a clean, freshly-filled water bottle to school each day.
- We allow these to be kept in or just outside classrooms in the corridors so that children are able to drink from them regularly.
- Children are encouraged to drink more after physical exercise and on hot days.
- Water is available on the tables at lunch time.
- Pupils are provided with milk in Nursery and Reception and any excess is shared amongst Year 1 and Year 2.
- Staff have access to cool water in the staff room and have water in class, modelling frequent drinking to the children.

We believe that such access to drinking water:

- Promotes good health and wellbeing amongst pupils, staff and other adults;
- Reduces tiredness, irritability and distraction from thirst;
- Can have a positive effect on pupils' concentration throughout the day;
- Raises awareness of the importance of adequate fluid intake as part of a healthy, active lifestyle.
- Demonstrates to parents, carers and the local community that the school values pupils' health and wellbeing.

Health and Welfare

Eating disorders are on the increase and the issues behind them are complex. There are issues for both males and females. Staff need to be sensitive to eating problems and provide positive and sensitive support for pupils.

Parents and the Wider Community

It is also important to recognise the sensitivity around food and enable parents to appreciate that school practice is not about making judgements about family eating habits.

Supportive Practice

- Information is provided to parents at entry into Reception about school lunches and the choice available.
- The School Nurse can also be contacted for advice on food and diet.
- The school liaises with the school meals service to ensure variations to the school meals and healthy meals for pupils,
- Some pupils may experience sensory sensitivities to smell, colour, texture or temperature (for example pupils with Avoidant/Restrictive Food Intake Disorder AFRID, Autism, eating disorders). The school recognises that some pupils may have eating profiles shaped by sensory differences or anxiety. These pupils will be supported with dignity, flexibility, recognition of safe foods and individual planning in consultation with parents/carers. Plans for pupils with ARID or sensory related eating difference will be developed in collaboration with parents/ carers and advice from outside agencies.

Impact

Assessment approaches are built into the formal curriculum on healthy eating focusing on pupils' understanding, knowledge, skills and attitudes.

This policy will be reviewed regularly.

Updated February 2026

Signed

Date

Headteacher

Signed

Date

Chair of Governors
