

Greentrees Food policy Child Friendly Version

Why do we need a policy?

Our policy lets everyone know and understand how important it is to eat a healthy balanced diet with lots of different foods. This will help us stay healthy as we grow up. We want to be a healthy school.

How do we learn about healthy eating?

We learn lots about making healthy choices. We have made food from around the world during our enquiry lessons. We have water bottles in our classrooms so that we can think better. It also means we can quench our thirst without disrupting the lessons. Our school lunches have lots of vegetarian options and include a salad bar and fresh fruit. At our Christmas lunch we have lots of vegetables as well as treats. At playtime we eat fruit and vegetable snacks. The children in KS1 and FS2 have a free piece of fruit or vegetable every day. The children in KS2 are encouraged to bring a piece of fruit or vegetables for a snack every day.

What food and drink do we encourage in school?

We eat fruit and vegetables at break time, not crisps, chocolate or biscuits. We don't have sweets very often. We drink water. In FS2 and KS1, we can have milk at break time.

We are a nut-free school, so we do not bring nuts or foods containing nuts into school to help keep everyone safe.

We want the children at our school to be encouraged to eat the healthy bits of their lunchbox first.

MDSAs will encourage children to have enough time to finish their lunchtime meal.

How can parents help the school?

Parents need to encourage children to have a good breakfast.

Lots of us have mums and dads who like us to bring healthy food to school and not have too much "junk food." We think all parents should try hard to give us healthy food at lunchtime!