



BHES

“FOOD POLICY”

Note: in this policy reference to governing body or governors refers to the management committee and its members.

Where contextually appropriate for school read service.

Date adopted: [Click here to enter a date](#)

HISTORY OF POLICY CHANGES

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March 2022		

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1. Introduction

BHES is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

BHES is mindful that due to the medical needs of students advice from health care professionals will be followed at all times.

This policy only applies to students that are taught in our classes provision at Falkland road.

2. Aims

The main aims of this policy are:

- To enable students to make healthy food choices through the provision of information and development of appropriate skills and attitudes;
- To provide healthy food choices throughout the school day;
- To consider the medical needs of students to ensure sensitivity to their health needs;
- To ensure our actions do not adversely affect students' mental health.

3. Curriculum

Health choices are taught as part of the PSHE curriculum offer to students. This follows the Jigsaw curriculum for secondary students. <https://www.bhes.bristol.sch.uk/learning/pshe/>

BHES understands that aspects of this curriculum may need to be altered form some students depending on their health need.

Cookery club is offered to students who may benefit from learning to prepare food, make health choices and working with a budget.

4. Food and drink provision throughout the day

- Breakfast items are available for the students to prepare if they wish between 9.00 and 9.30. It is recognised that many students do not have breakfast at home therefore benefit from this being available.
- Lunch is prepared for breaktime 11.10-11.25. The meals are hot vegetarian meals that are available to all students. Staff are encouraged to also eat, this role model's positive behaviour around food.
- Fruit is readily available in the common room.
- Staff must not give bring any food items onsite and give them to students.
- No food items are to be handed out during lessons as this can adversely affect a student's mental health and prevent further engagement in lessons.

5. Drinking water

- A water fountain is available to all students.
- Students are encouraged to bring in water bottles to use during the day.

6. Food and drink brought into BHES

- Students are free to bring in their own food and drinks.
- No caffeinated drinks are permitted.
- Students are encouraged to bring in health items.

7. Special dietary requirements

- BHES provides food in accordance with students' religious beliefs and cultural practices.
- All meals are vegetarian.
- Vegan options can be requested.
- Staff will be made aware of students with allergies and intolerances. Those with severe allergies will have a care plan on care of emergencies.

8. Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include:

- ensuring that adequate storage and washing facilities are available;
- that food handlers undergo appropriate food hygiene training;
- and that suitable equipment and protective clothing are available.

Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.