



**MICHAEL
FARADAY
SCHOOL**



FOOD POLICY

JUNE 2025

INTRODUCTION

At Michael Faraday we recognise the importance of a healthy diet in supporting a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution in improving young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices. Educating children on the benefits of healthy eating and regular exercise can bring about both immediate and long-term improvements to their quality of life.

We aim to ensure that healthier food and drink choices are promoted throughout the school day, by taking account of individual needs (e.g. cultural, ethical, medical), noting nutritional values and by conveying healthy eating messages in the curriculum.

A healthy diet is essential for maintaining and protecting children's health, ensuring they perform to their very best during the school day (both academically and physically) and for their general growth and development.

Our aim is to help children establish a healthy lifestyle which, we hope, will continue into adulthood. Proper nutrition is essential for good health and effective learning.

The benefits of Healthy Eating include:

- Helping young people develop, grow and do well in school
- Preventing childhood and adolescent health problems such as obesity, eating disorders, tooth decay and anaemia
- Helping to prevent health problems later in life, including heart disease and cancer
- Establishing healthy eating habits at a young age is critical because changing poor eating patterns in adulthood can be difficult
- Sitting down to a meal with other children is an important part of a child's social education

Consequences of Unhealthy Eating include:

- Hungry children are more likely to have behavioural, emotional and academic problems at school
- Research suggests that not having breakfast can affect children's intellectual performance
- Poor eating habits and inactivity are the root cause of obesity. The percentage of young people who are overweight has almost doubled in the last twenty years
- Developing eating disorders - eating disorders are extremely common among young people
- 76% of teachers believe overweight school children are bullied more than any other group.

AIMS AND OBJECTIVES

We aim to:

- Provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety.
- Provide a 'whole school' approach to nutrition.
- Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals, which are appropriate for our particular children.

- Deliver a pleasant and sociable dining experience which enhances the social development of each pupil.
- Involve pupils in food-related decisions through pupil voice activities, surveys, or a school council.

Nutritional aims:

- Encourage pupils to choose a variety of foods to ensure a balanced intake in line with the Eatwell National Nutrition Guide ([Food-based dietary guidelines - United Kingdom \(fao.org\)](https://www.fao.org/))
- Encourage foods which are rich in vitamins, iron and calcium
- Encourage starchy foods as a source of energy
- Encourage the consumption of milk and water
- Discourage sugary drinks and snacks between meals

RESPONSIBILITY

It is the responsibility of all staff, including teachers, support staff and the catering team to be proactive in implementing the Whole School Food Policy and to act as role models by demonstrating positive attitudes to healthy eating and developing pupils' awareness and understanding of how to make healthy food choices:

- Senior Members of staff lead on the development and monitoring of Health Education and its implementation and liaise with the lunchtime staff, school chef, kitchen staff and food contractor.
- The subject leaders of Safeguarding, HRE, PE and DT are jointly responsible for what is taught about healthy eating and practical food education in the curriculum. This is evident through the school's PSHE, DT and enrichment planning.
- The Governors must monitor the implementation of the policy.
- Parents and carers are encouraged to support the food policy through the choices they make for packed lunches and snacks.
- The school caterers and kitchen staff are responsible for providing high quality food which complies with the national nutritional standards ([School food standards: resources for schools - GOV.UK \(www.gov.uk\)](https://www.gov.uk/)) for school food and contributing to a welcoming and positive eating environment.
- A copy of the school menu is shared with parents and posted on the school website.

This school policy takes account of national guidance produced by the School Food Plan, and Change4life.

WATER

Michael Faraday has adopted Southwark's water-only policy.

During the school day, we are a water-only school, with the exception of free milk entitlement for all pupils under 5. Children are encouraged to bring water bottles which can be re-filled from the water fountains. Research indicates that school children do not drink enough water during the school day and that this can affect their concentration and behaviour. Therefore, children may drink water at any convenient time.

SNACKS

The school understands that healthy snacks can be an important part of the diet of young people. In the Early Years, snacks are provided during the morning, which consists of fruit and milk. In years 1 to 6, fresh fruit is provided daily at break time. If a child is found to be eating an inappropriate snack, they will be asked to hand the item to an adult so that it can be sent home at the end of the school day. If concerns persist, parents will be contacted to ensure consistency between home and school in supporting healthy choices. Fizzy drinks and fruit juices are not allowed to be consumed in school, these drinks are not permitted during break times or at any other time during the school day.

NUT FREE SCHOOL

Michael Faraday is a Nut Free School, we have a number of children who suffer from a severe nut allergy. Please do not supply any nut-based snacks or products including spreads such as nut butters and chocolate & nut combinations. This policy also applies to school trips and packed lunches brought in by staff or visitors.

SCHOOL LUNCHES

For many children, the lunchtime meal is the main meal of the day. It is important that meals served are nutritionally balanced. The menus are nutritionally analysed using software to ensure compliance with Government regulations.

School meals are planned on a 3-week cycle and always contain a meat, fish and vegetarian option. There is a self-serve salad and fruit bar offer with a range of salads. Under-nutrition, even in its milder forms, can have detrimental effects on cognitive development, behaviour, concentration and school performance.

We expect the catering company to produce menu offers that are freshly produced using the highest quality ingredients. The subtle message that pupils receive about food and health from the daily life of school are as important as those given during lessons, e.g. school menus, peer pressure to eat certain snacks in packed lunches. By working together, we can promote healthier eating habits.

The Catering Company's Development Chef works hard to continually ensure that the menus and recipes have reduced fat, salt, sugar, but full of flavour. All the menu items are created from scratch using fresh, authentic ingredients complimented with cooking techniques that preserve nutrition and produce healthy dishes.

Freshly prepared seasonal vegetables and fruits are prepared at the last minute to ensure optimum flavour and nutrition. Sandwiches for school trips are prepared on site freshly each day using only natural ingredients.

Michael Faraday has adopted Southwark's dessert policy. (Attachment 1)

All parents/carers are advised to opt for lunches provided by the school. However, should parents wish their child to have a packed lunch, the school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (including wholegrain where possible)
- 1 portion of fruit
- 1 portion of dairy food such as cheese or yoghurt
- 1 bottle of water

Sugary drinks and chocolate snacks are **not** allowed to be consumed at lunch time. We encourage children to keep uneaten food and wrappers in the lunch box so parents can monitor what their child has eaten.

Our lunchtime staff monitor the content of packed lunches. If pupils are noted to consistently bring unhealthy packed lunches, then parents will be contacted to discuss healthier options.

Sweets, chewing gum and fizzy drinks are not allowed in school. If these items are brought into school, children will be asked to hand them to an adult so that they can be returned to their parent/carer.

On school trips, a packed lunch will be provided by the school, for all children who usually have a school meal. Children who have packed lunches and bring their own food on trips must adhere to the same food and drink guidance described above.

PUPILS WITH SPECIAL DIETARY & MEDICAL NEEDS

On enrolling your child at school, and as a part of the admissions procedure, parents/carers are required to complete a form detailing any special dietary or medical needs their child may have. Such requirements/needs are discussed with the parents/carers, members of staff responsible for the child and the caterers. Records of pupils' special dietary and medical needs and how these are to be met are stored on the school's management information system. Staff who supervise mealtimes have access to the allergen information in the dining area.

Pupils with medical dietary needs and cultural dietary preferences are known to catering staff with photos and information provided by the office.

THE EATING ENVIRONMENT

We want the children to experience a quality dining experience and therefore our aim is to create a welcoming and inviting ambience in the dining hall where the children are happy to come and enjoy their lunch.

This is enhanced by the following:

- Table coverings
- Homemade bread baskets
- Taster tables
- Wall wrapping to improve the look of the servery
- Children are usually allowed to sit in their friendship groups
- Behaviour and noise levels are monitored and managed by lunch time assistants

CELEBRATIONS

- The catering company works with the school to provide theme days linked to a variety of events such as sporting events, charities, religious festivals, international days and the curriculum. They create menus that link into the themes and encourage children to try new dishes and ingredients.
- The school recognises the importance of celebrating birthdays and special occasions, however, we encourage a non-food approach to celebration to reinforce healthy messaging and ensure inclusivity for children with dietary needs. Chocolates, sweets and cakes must not be sent in. If children would like to celebrate their birthday with the class, then they are encouraged to donate a book or a game for the children to share and enjoy throughout the year.
- Occasional fund-raising events may include the sale of food such as cakes, but inclusion of other foods will also be encouraged.
- It is not common practice but on the rare occasion that a teacher would like to have a celebration with their class, then they may provide them with a variety of healthy snacks.

EXTENDED SCHOOL CLUBS (BREAKFAST AND AFTER SCHOOL CLUB)

Breakfast and After School meal provision aims to:

- Improve pupils' education: if a child misses out on breakfast they may suffer from tiredness, a lack of concentration, poor behaviour or learning issues by mid-morning.
- Provide a relaxed environment in which the children can develop their social interaction amongst children of varying ages.
- Improve links between home and school by encouraging parents to let us know about their child's food preferences and dislikes so that we can endeavour to meet these, wherever possible.
- Menus for breakfast and after-school snacks follow the same standards and expectations as the main school day.

Breakfast Club

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The school provides a small daily breakfast club for pupils from 8.00am to 8.50am. The food offered is healthy and is consistent with a healthy diet – e.g. toast, bread (range of options including brown, granary, buns, bagels and rolls), low-fat spreads, fruit jam, yoghurt, low-salt/low-sugar fortified cereals, slices of fresh fruit. In line with our food policy, we only serve water for children to drink.

Afterschool Club

Should children bring their own snack to the Afterschool Club, the snacks should be nut-free and sugary drinks, chocolate snacks, sweets, chewing gum and fizzy drinks are not allowed as a snack. The Afterschool Club also has healthy snacks on offer, in keeping with School Food Standards. Snacks include sandwiches, bagels, wraps, raisins, fruit and yoghurt. In line with our food policy, we only serve water for children to drink.

FOOD EDUCATION

Across the school, there are many opportunities for pupils to develop knowledge and understanding of health, including

- Healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.
- Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.
- Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.
- Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.
- RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.
- New Technologies can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.
- Food Technology as part of design technology provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including preparation and cooking.
- 'Value assemblies' encourage young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils can discuss issues of interest to young people, e.g. advertising and sustainable development.
- Music can explore songs which link to the theme of food.
- Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.
- History provides insight into changes in diet and food over time.
- Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.
- School visits provide pupils with activities to enhance their physical development, e.g. to activity centres.
- We have a gardening club at lunch time and they are growing a range of fruits and vegetables, with the aim to use it to cook with.
- The catering company focus on educating the children about the journey of the food they eat from 'Field to Table'.

SOCIAL RESPONSIBILITY

At Michael Faraday, we recognise the need to protect the natural environment and we expect our catering company to be aligned with our ethos. We expect the company to take responsibility for evaluating their operations and demonstrating commitment to reducing the impact that the business has on the environment. This includes making an effort to reduce energy and water consumption used in food production and transport.

The catering company, Olive Dining, choose the suppliers to work in partnership with them to ensure that they provide fresh, seasonal and local ingredients from environmentally sustainable sources and that they comply with EU and international trading regulations. They are dedicated to supporting local farms, serving fresher, seasonal ingredients, which have travelled fewer road miles. Olive Dining is also committed to providing meat-free days to reduce the water consumption from raising animals for meat. High standards of animal welfare are important to them and as such all the meat they use in Gold FFLSH Schools is fully traceable and from RSCPA approved farms, the eggs they use are all

Red Lion approved from free range hens. All fish served comes from the Marine Conservation Society's 'Fish to Eat List' and are not endangered.

We expect our catering company to promote the use of ethical products such as Fair Trade and Rainforest Alliance. The suppliers should be accredited with Food Standards Assured Red Tractor, Leaf Mark and Freedom Foods. We also expect the company to actively seek to reduce waste production and to minimise all packaging, ensuring that waste which cannot be prevented is disposed of in the most sustainable way. Their menus are carefully planned to avoid food waste.

At Michael Faraday we pay all directly employed catering staff the London Living Wage. We also expect any third party catering provider to pay the London Living Wage to all employees working on the contract at the earliest opportunity allowed by the contractual terms and conditions.

REWARDS

The school does not allow food to be used as a reward for good behaviour or achievement.

PARTNERSHIP WITH PARENTS AND CARERS

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Therefore, we inform and involve parents and carers about healthy eating through special events (i.e. 'Come Dine with Me') or interventions, the school website and blogs. Parents and carers are also updated on our policies through the school website. We ask that parents/carers do not to send in food or drink items which conflict with our Whole School Food Policy and provide regular reminders that only water or milk can be consumed during the school day. During off-site activities, such as school trips and visits, the school will encourage parents/carers to provide packed lunches which are in keeping with this Policy. Sometimes, children may be given the choice of completing a cooking activity as part of their topic/project homework. Any cooked items brought to school for this purpose may be shared with classmates, at the teacher's discretion. Sometimes, children may complete a cooking activity as part of the broad and balanced curriculum in school. Any items cooked in school may be shared with classmates, at the teacher's discretion.

During out-of-school events, e.g. summer fair etc., the school will encourage parents/carers to consider the food policy in the range of refreshments offered for sale to the children.

EXPECTATIONS OF STAFF AND VISITORS

The school expects staff to contribute to and support the food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

MONITORING AND REVIEW

This policy will be reviewed annually by the Senior Leadership Team and the Governing Body. Pupil and parent feedback will be sought to help shape future updates. Compliance with the food policy

will be monitored through regular observations, pupil voice, and menu reviews.

Primary school dessert policy

October 2019

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Council
southwark.gov.uk

Context

At a population level too much sugar is being consumed, particularly amongst children. High levels of sugar intake increase the risk of tooth decay, with approximately one in six 5-year olds affected in Southwark¹. This is a significant cost to the NHS and families².

A high sugar intake is linked to excessive energy intake, which may increase the risk of overweight and obesity³. 25% of children in Southwark are already overweight or obese by the time they start school in Reception Year, which increases to 40% of children in Year Six⁴.

Data from the National Diet and Nutrition Survey shows that 'sugar, preserves and confectionery' contribute the most sugar to children's diets⁵. However, desserts containing a higher proportion of fruit, milk and cereals (such as rice or oats) can be included as part of a healthy, balanced diet for young children and can contain essential nutrients such as calcium and iron⁶.

Policy Introduction

Current school food standards for primary and secondary school lunches in England state that all fruit-based desserts should have a content of at least 50% fruit measured by weight of the raw ingredients (e.g. fruit crumble, fruit pie, fruit sponge, fruit cobbler, fruit jelly). Furthermore, no confectionery, chocolate or chocolate coated products are permitted throughout the whole school day⁷.

This policy is informed by best practice guidance and aims to reduce the amount of free sugar served at lunchtimes. The policy meets the government dietary recommendations for children and current school food standards (see Appendix 1 for further details).

Within this policy, free sugars are defined as "sugars added to food or drinks, and sugars found naturally in honey, syrups, and unsweetened fruit and vegetable juices, smoothies and purées"⁸.

¹ <https://www.southwark.gov.uk/assets/attach/7301/JSNA-2018-Oral-Health-CYP-20180718.pdf>

² <https://www.gov.uk/government/publications/sugar-reduction-achieving-the-20>

³ <https://www.gov.uk/government/publications/sugar-reduction-achieving-the-20>

⁴ National Child Measurement Programme 2017-18

⁵ <https://www.gov.uk/government/statistics/ndns-results-from-years-7-and-8-combined>

⁶ <https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

⁷ <https://www.schoolfoodplan.com/actions/school-food-standards/>

⁸ <https://www.nhs.uk/live-well/eat-well/how-does-sugar-in-our-diet-affect-our-health/>

The Southwark primary school dessert policy

This policy is applicable to all primary schools in Southwark, as part of the Council's Free Healthy School Meals (FHSM) programme.

Primary school lunches (main course and second course) should complement each other to ensure balance and variety, and to provide 30% of a child's daily nutritional requirements.

Primary school lunches are required to meet all of the following criteria:

- Each lunch to include a main course and a second course. A second course can be either a 'starter' or a 'dessert'.
- Only one second course dish to be made available at lunch (with the exception of a food allergen alternative option).
- Second courses served over a week to include:
 - Three times a week - fruit (such as seasonal fruit salad) with a dairy-based accompaniment such as natural yoghurt with no added sugar.
 - Once a week – low salt savoury crackers or breadsticks served with fruit or vegetables and a dairy item such as cheese.
 - Once a week – fruit based pudding or cake, containing minimal free sugars and a content of at least 50% fruit or vegetables when measured by weight of the raw ingredients (e.g. fruit crumble, fruit pie, fruit sponge, fruit cobbler).
- Dairy options with fruit could include natural or Greek yoghurt with no added sugar, or low sugar varieties of fromage frais, custard, rice pudding or semolina.
- No confectionery, chocolate and chocolate-coated products to be served.

In addition to the policy requirements above, the second course of primary school lunches should also meet the following:

- Canned fruit should be canned in juice and not syrup.
- Lower fat milk yoghurt and cheese should be used.
- Use fresh or dried fruit to sweeten dishes instead of sugar/alongside reduced sugar.
- If providing ice cream, choose dairy ice cream as it contains more calcium than non-dairy ice cream, and limit to once a week with fruit-based desserts at meal times.
- Avoid artificial sweeteners when choosing or preparing desserts, puddings and cakes.
- Vary the desserts you offer with lunch each week.
- Ensure age appropriate portion sizes (see Appendix 2 for links to portion size guidance)

Policy implementation

This policy will come into effect for all applicable nurseries and nursery classes from the start of the spring term (January 2020).

Appendix 1 - Government guidelines and recommendations for free sugars

Scientific Advisory Committee on Nutrition (SACN) guidelines recommends that the average population intake of free sugars should not exceed 5% of total dietary energy for age groups from 2 years upwards⁹. This equates to a maximum free sugar intake of¹⁰:

- 20g for males and 18g for females, aged 4-6 years
- 24g for males and 23g for females, aged 7-10 years

Appendix 2 – Recipe and portion size guidance

The School Food Plan provides portion size guidance for different food types, with the most relevant food items for this policy extracted in the table below.

School Food Standards - A practical guide for schools their cooks and caterers – Page 9

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/786339/School-Food-Standards-Guidance.pdf

Portion Size	
Food	Primary 4-10 year olds
Fruit pies, sponge puddings or crumbles	80-100g
Fruit jelly (portion size excludes fruit)	80-100g
Cakes, tray bakes, muffins	40-50g
Flapjack	25-30g
Savoury crackers, bread sticks (served with fruit, vegetables or dairy foods); portion size excludes fruit.	10-15g 1-2 crackers

The School Food Plan website provides example recipes which have been checked by the Children's Food Trust against the School Food Standards, best practice guidance and recommended typical portion sizes. Ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF) and allergens are listed.

The recipe screenshots overleaf has been extracted from the School Food Plan, 'What Works Well' Recipe Hub and demonstrates dessert menu suggestions and typical portion sizes in practice.

<http://whatworkswell.schoolfoodplan.com/articles/view/517?title=%27what%20works%20well%27%20recipe%20hub>

⁹ <https://www.gov.uk/government/publications/sacn-carbohydrates-and-health-report>

¹⁰

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/618167/government_dietary_recommendations.pdf



Number of portions this recipe makes:
15 primary servings (90g)
8 secondary servings (115g)



Prep: 20 minutes
Cook: 35 minutes



Allergy information:
Oats (gluten), sulphites, sulphur dioxide, wheat (gluten)



Top Tips
Vary the fruit to what's in season.

OATY APPLE CRUMBLE

50% fruit-based dessert: This recipe counts towards the standard to provide a 50% fruit-based dessert at least twice each week.

Recipe adapted from: Eaten Foodservice



Ingredients

150g unsaturated fat spread, cut into pieces
165g plain white flour
50g wholemeal flour
90g soft dark brown sugar
0.5g (¼ tsp) ground mixed spice
0.5g (¼ tsp) cinnamon
50g oats
50g dried apricots, diced
410g cooking apples, washed, peeled and sliced

Method

1. Pre-heat the oven to 180°C/350°F/gas mark 4. Grease a tart tin.
2. Gently rub the margarine into the flour then add the sugar, spices and the oats.
3. Place the apples on the base of greased tart tin.
4. Sprinkle the diced apricots evenly over the fruit.
5. Sprinkle the crumble mix over the fruit, level and push the mix into corners.
6. Bake in oven until golden brown.
7. Remove from the oven, portion and serve.

Serving suggestion: with yoghurt or custard

Government Hygiene Standards for Food & Catering Services
Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe, choose oils based on unsaturated fats and ensure at least 50% of desserts provided are based on fruit.



Number of portions this recipe makes:
80 primary servings (100g)
65 secondary servings (125g)



Prep: 20 minutes
Cook: 30 minutes



Allergy information:
Milk, wheat (gluten)



Top Tips
Change fruits with the seasons.

PEACH & RASPBERRY COBBLER

50% fruit-based dessert: This dessert counts towards the requirement to provide fruit-based desserts (containing at least 50% fruit) at least twice each week, and the requirement to provide fruit each day at lunchtime.

Recipe adapted from: Sam Ward, Catering Manager, Colston St Mary Primary School

Ingredients

3.7kg peaches, sliced
1.5kg raspberries, plugged
100g caster sugar
1.4kg plain flour
95g baking powder
340g soft vegetable margarine
340g caster sugar
700ml semi-skimmed milk

Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Slice peaches and place into a deep tin with the raspberries and sprinkle with sugar.
3. Prepare the cobbler by sifting the flour and baking powder into a bowl.
4. Rub in margarine until it resembles breadcrumbs. Stir in the sugar and mix.
5. Add the milk slowly to form a dough.
6. Turn the dough onto a floured surface and roll to 1cm thick. Cut out 6cm rounds and arrange over fruit.
7. Brush with some extra milk.
8. Bake in oven for 30-35 minutes or until golden brown.

Serving suggestion: prepare the cobbler with half wholemeal flour.

Government Hygiene Standards for Food & Catering Services
Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe, choose spreads based on unsaturated fats and milk which is reduced fat (i.e. has a fat content of no more than 1.5g/100g).



END.