

Action: 3: Healthy eating

Which ENHPS criteria were covered?

- 4 To ensure that all pupils benefit from stimulating educational challenges.
- 6
- 9 To consider the exemplar role of staff in health-related issues.
- 10 To consider the complementary role of school policies to the health education curriculum, e.g. policies on smoking, bullying, healthy eating.
- 11 nature of the school environment.
- 12 To utilise the potential of specialist services in the community for advice and support in health education.



Why did you choose to do this?

It was a natural follow-on from previous topic, dental health, and fitted nicely into curriculum topics e.g. food, ourselves etc.

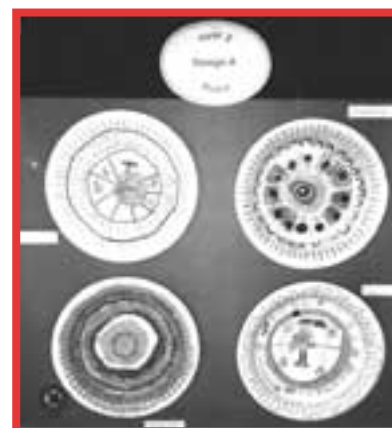
Aims

- To expose children to a variety of healthy and enjoyable foods.
- To develop understanding of composition and function of food e.g. protein, carbohydrate
- To enable children to make healthy choices.

What actually happened?

- Coordinator organised bank of material activities/resources and talked this through with individual teachers. Tried to link to National Curriculum.
- HPW also came in and supported work in classroom.
- Various competitions were introduced to heighten awareness e.g.

- Yr 5 / 6 Menu planning
- Yr 3 / 4 Invitation to lunch
- Yr 2 Decorating plates
- Yr 1 Painting vegetable person e.g. Lucy Leek
- R / N Design a place mat



- Discussed what constitutes a healthy lunch box.
- Started a school fruit shop - links with local supplier.
- Family lunch - parents and children enjoyed a free lunch together to encourage children to eat a healthy meal in middle of day.
- On a number of occasions we hold raffles in school and a basket of fruit is the prize. Children can win free fruit for a week.

Which aspects went particularly well?

- Fruit shop - still going strong.
- Family lunch - Governors / LEA reps also visited. Now an annual event - has actually been adopted by the LEA for use in other schools in the Authority.
- Improvement in content of lunch-box.

What problems were encountered and how were these overcome?

- Still some problems with lunch-boxes. Hope to speak to prospective Reception parents at annual induction meeting about content and quantity.

How do you know how successful it was?

- We have noticed that children often choose fruit for 'afters' rather than pudding.
- Parents ask if they can buy fruit.
- Children still subscribe to raffles when prize is fruit.
- We seem to be more fruit conscious.

Has this led to other activities?

- Teachers are more amenable to food technology.
- We went on to 'Exercise and fitness' as a topic.

Are linked activities planned for the future?

- We hope to continue with all initiatives - fruit shop, family lunch.
- We will try to devise competitions when appropriate.

