

## Creating a Culture and Ethos of Healthy Eating

The School Food Plan has produced this practical guidance to help school leaders and governing bodies adopt a whole school approach to food and create a culture and ethos of healthy eating. It is designed to be used alongside other School Food Plan resources including the Headteacher Checklist and What Works Well website - [www.schoolfoodplan.com/www](http://www.schoolfoodplan.com/www) Ofsted, which we consulted in developing the guidance, will be making this document available to inspectors in their training.

**LEADERSHIP**

*Key Questions*

- What steps have you taken to ensure there is a whole school approach to healthy eating?
- Who is responsible on the senior management team and governing body for healthy food provision and food education?
- How do you monitor and evaluate school food provision and food education?
- How do you involve the wider school community (including parents and Governors) in promoting healthy eating?

*Evidence to look for*

- A current 'whole-school' food policy shared widely with stakeholders.
- Strategy/references to healthy eating in School Development Plan / Self-evaluation form.
- Pupil premium spending promoting healthy eating and learning (including breakfast and after school clubs).
- School meal take-up data.
- Senior leadership and Governor engagement with what children are eating and drinking.
- Awards and quality assured schemes such as Food for Life Schools Award, Children's Food Trust, Healthy Schools.


  
  
  
  
  


*Further resources*

What Works Well website: [www.schoolfoodplan.com/www](http://www.schoolfoodplan.com/www) , Headteacher Checklist: <http://www.schoolfoodplan.com/checklist/>,  
 DfE Governor Advice: School Food in England : [Departmental advice for governing Bodies](http://www.schoolfoodplan.com/departmental-advice-for-governing-bodies)

**FOOD PROVISION**

- How do you know food is tasty and meets the food standards across the whole day?
- What do children think about the food and drink provided? How are they involved in decision-making?
- How do you ensure your meal provision best meets the needs of your school community?
- What advice is provided for those who choose not to take a school lunch, e.g. a healthy packed lunch policy?

- An attractive, happy and calm dining environment.
- Staff and children eating together.
- Catering staff (including midday supervisors) who are happy and engaged with school staff and children.
- Children and parents are actively consulted.
- Cashless payment system to reduce queues and stigmatisation of Free School Meal (FSM) pupils.
- Independent verification that school food standards and relevant Government Buying Standards are met across the school day.
- Making water the drink of choice, freely and easily available.

  
  
  
  
  
  


*Further resources*

School Food Standards: [www.schoolfoodplan.com/standards](http://www.schoolfoodplan.com/standards), Government Buying Standards: <http://bit.ly/1E5M4dh>  
 Packed lunch policy template: [www.childrensfoodtrust.org.uk/schools/packed-lunches/packed-lunch-policy](http://www.childrensfoodtrust.org.uk/schools/packed-lunches/packed-lunch-policy)

**FOOD EDUCATION**

- How do you measure progress of children's knowledge and skills about healthy eating?
- How do you make learning about healthy eating (including nutrition advice and practical cooking) possible for all students and across subjects?
- Do you use a qualified subject specialist to teach food education?

- Consistent messaging across subjects.
- Ensuring there is enough timetabling, space and practical resources (equipment, ingredients).
- Food education schemes of work with a focus on savoury cooking.
- Use of pupil premium or budgets to provide ingredients for pupils unable to bring from home.
- Food growing and gardening activities.

  
  
  
  
  


*Further resources*

National Curriculum - Design & Technology: <http://www.schoolfoodplan.com/cooking-in-the-curriculum/>, Core competences framework: [www.nutrition.org.uk/foodinschools/competences/competences.html](http://www.nutrition.org.uk/foodinschools/competences/competences.html)

**WIDER WELLBEING**

- How does the school link healthy eating within the wider personal development, behaviour and welfare framework?
- What CPD/training is in place for all teachers and support staff to support their knowledge of health and wellbeing?

- Drawing on expertise from outside agencies.
- Events, assemblies, displays and messaging themed around health and wellbeing.
- A culture of exercise and healthy eating.
- Staff Development plans and Continuing Professional Development (CPD) records.

  
  
  


*Further resources*

Promoting children and young people's emotional health and wellbeing: <https://www.gov.uk/government/publications/promoting-children-and-young-peoples-emotional-health-and-wellbeing>