



Food and Nutrition Policy

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1. Aims

Hawthorns Primary School and Nursery are dedicated to providing an environment that promotes healthy food and eating, enabling pupils to make informed choices about the food they eat. This will be achieved by a whole school approach to food and nutrition documented in this whole school food policy. This policy covers all aspects of food and drink at school. The policy was formulated through consultation with key stakeholders. The policy is on the website and is communicated to the entire school community. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink at Hawthorns School and Nursery.

2. Support, legislation and statutory guidance

The nutritional principles of this policy are based on current evidence-based findings; and the 'Eatwell Guide' is the agreed model for ensuring a healthy balanced diet. We also take guidance from a variety of DFE sources

[Early Years Foundation Stage Statutory Framework \(Sep 26\)](#)

[The DFE Early Years Foundation Stage Nutrition Guidance \(May 2025\)](#)

[The DFE School Food Standards, A practical guide \(Feb 2025\)](#)

[The Eatwell Guide](#)

3. Curriculum

Rationale

At Hawthorns Primary School and Nursery, we consider how our interactions with children, parents, carers and the wider community can promote health awareness through food and nutrition.

Aims and Objectives

- To develop children's knowledge and understanding of the importance of a balanced healthy lifestyle
- To support children to make informed decisions about their own health and wellbeing
- To understand the importance of food and hygiene
- To learn about a variety of aspects of food and nutrition including: planning and preparation of meals, seasonality, sustainability, cultural diversity.
- To learn about food safety, including how to store and prepare food appropriately.
- To enjoy social mealtimes and opportunities to learn about healthy food choices through play and planned learning experiences.

The children are given a wide variety of opportunities within the environment to learn about health, food and nutrition. All year groups are exposed to exploring, planning and preparing food through ELG, Science, PE, DT and our PSHE/Education for safeguarding. At Hawthorns, we ensure all children have regular opportunities across the curriculum to learn about food, nutrition and healthy lifestyles. We also have regular opportunities for extra-curricular cookery clubs throughout the academic year. The school encourages children to understand where food comes from and the importance of reducing food waste and supporting sustainable food choices.

More information on our curriculum this be found on our website.

Hawthorns also ensures we follow the National Curriculum And Early Years Foundation Stage guidance on the teaching of food, nutrition and a healthy and balanced lifestyle.

[National Curriculum in England: Primary Curriculum](#)

[Early Years Foundation Stage Statutory Framework \(Sep 26\)](#)

Cooking with children

As part of children's learning, pupils are taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of food and a crucial life skill that enables pupils to feed themselves healthy, affordable meals. In DT lessons and in after-school cookery club, pupils are taught to: use the principles of a healthy and varied diet to prepare dishes, understand where food comes from, prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques safely, understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

4. Food provision throughout the day

Breakfast Club

Hawthorns understand that a healthy breakfast is a vital start for children's health and well-being. Children are entitled to a healthy balanced breakfast at breakfast club.

Snacks

EYFS

Children have access to a healthy snack such as fruit throughout the day. Children are able to explore different tastes and textures in a safe, hygienic and monitored environment. Here they begin to learn the skills of social eating along with developing motor skills.

KS1

Children are provided a free fruit snack or can bring in a healthy snack such as fruit, cheese or breadsticks from home. These can be eaten in their morning break.

KS2

Children can bring in a healthy snack such as fruit, cheese or breadsticks from home to eat during their morning break.

Lunch

All our school meals are provided by ISS. Children are provided with a choice of meals including a hot meat, vegetarian or Jacket Potato option, all of which pay regard to nutritional balance and healthy options. This includes the use of fresh fruit and vegetables each day as a choice for the children. Menus are displayed for parents and carers to view and choose their meals. ISS are also able to provide meals for children requiring special dietary needs, including religious or allergy restrictions.

Many children bring a packed lunch to school. We have guidance on what children should include for a healthy and balanced packed lunch and this is shared with parents and carers. We discourage nut or nut-based products due to allergies, sugary drinks and confectionary products. All children have access to water at lunch time. At Hawthorns, we do not have cold storage for children's lunch boxes so we recommend food is brought in insulated lunch bags or have small ice packs. The school works in partnership with parents and carers to promote healthy packed lunches and provides support to make healthy choices.

All children are taught and encouraged healthy, hygienic and well-mannered eating habits. Children are asked to wash their hands before eating, sit at a table, use cutlery appropriately and keep conversation to a polite social level. Eating manners are taught and encouraged.

We provide a clean, hygienic area for children to eat. Tables are laid out for sociable eating and wiped clean before and after eating.

Staff monitor the dining area by walking around the room. Where children have been identified with food related health needs, appropriate risk assessments are made and actions put in place. In our Nursery staff will sit with the children to model healthy, sociable and safe eating habits. They will also sit with the younger children in Nursery facing towards them to monitor choking and allergic reactions.

Water

Hawthorns promote water only as a form of hydration. Water is freely available throughout the school day to all. Every child is reminded to bring in a bottle to store their water in.

Special Diets

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents or carers are asked to make us fully aware of this. Individual care plans are created for pupils with special dietary needs/requirements. The school and school caterers (if appropriate) are made aware of any food allergies/food intolerance/medical/cultural diets and requests for these diets are submitted according to an agreed process. The children are photographed and their picture is kept in the kitchen with their exact dietary requirements if ordering through ISS. ISS, have options available for children with special diets when ordering.

Food for celebrations or special occasions

Our school community are made aware that birthday treats are discouraged at Hawthorns. This is in line with our healthy eating and inclusion rationale.

Whole school celebrations, such as national events like monarch jubilees, historic anniversaries or end of year parties occasionally allow food to be shared in a social environment. On these occasions, we provide a wide range of food to meet the needs of our community and avoid food products that can cause allergies. Sweet treats are provided such as cakes but adults monitor children's intake.

Food Safety and preparation

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. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas. Staff who are directly involved with the preparation of food are trained to an appropriate level. Kitchens are provided for our catering contractors (ISS) and a food technology room is available for curriculum and after-school club cooking. Both areas are designed to be purposeful and hygienic for food preparation.

5. Monitoring arrangements

The implementation and monitoring of this policy will be led by senior leaders and will be reviewed annually.