

# Healthy Eating<sup>HS</sup>

National resources to help achieve the criteria



**Healthy Schools**

[www.healthyschools.gov.uk](http://www.healthyschools.gov.uk)

# Healthy Eating criteria map

Please find attached a map of some national initiatives and resources that can be used to help you achieve the Healthy Eating element of Healthy Schools. This resource must be used in conjunction with the Healthy Eating guidance and the Food in Schools Toolkit. All will help you achieve the best standards to help children and young people to lead happier and healthy lives.

At the end of this document you will see a list of organisation who have contributed to the Healthy Eating map. I hope that this will give you a clearer understanding of the some resources that are available.

This resources map will be updated annually. You may use or be aware of other national resources or initiatives which could be included in the resources map. Please provide details (document title, name of organisation who produced it, website or telephone number of the organisation) and send to E: [healthy.schools@dh.gsi.gov.uk](mailto:healthy.schools@dh.gsi.gov.uk). Thank you.



# Healthy Eating<sup>HS</sup>

**2.1** Has an identified member of the senior management team to oversee all aspects of food in schools

**2.4** Involves children, young people and parents/carers in guiding food policy and practice within the school, enables them to contribute to healthy eating and acts on their feedback

**2.7** Has a school lunch service that meets or exceeds current DCSF standards for school lunches

**2.10** Has easy access to free, clean and palatable drinking water, using the Food in Schools guidance

**2.2** Ensures provision of training in practical food education for staff, including diet, nutrition, food safety and hygiene

**2.5** Has a welcoming eating environment that encourages the positive social interaction of children and young people (see Food in Schools guidance)

**2.8** Monitors children and young people's menus and food choices to inform policy development and provision

**2.11** Consults children and young people about food choices throughout the school day using school councils, Healthy School task groups or other representative bodies of children and young people.

**2.3** Has a whole school Food Policy – developed through wide consultation, implemented, monitored and evaluated for impact

**2.6** Ensures that breakfast club, tuck shop, vending machine and after-school food service (where available in school) meets or exceeds current DCSF school food standards

**2.9** Ensures that children and young people have opportunities to learn about different types of food in the context of a balanced diet (using the Balance of Good Health), and how to plan, budget, prepare and cook meals, understanding the need to avoid the consumption of foods high in salt, sugar and fat and increase the consumption of fruit and vegetables



<b>NHSP Healthy Eating criteria</b>	<b>2.1</b> Has an identified member of the senior management team to oversee all aspects of food in schools
<b>Types of information/ data to collect</b>	Which staff have specific responsibilities relating to Healthy Eating policy and provision
<b>Tools/measures to use Things you already have to do!</b>	Whole School Food Policy Million meals - TENplates for success: Make food and drink integral to the whole school day - Simple step 4: Appoint a member of the senior management team as a school food leader <a href="http://www.millionmeals.schoolfoodtrust.org.uk">www.millionmeals.schoolfoodtrust.org.uk</a> Million meals - TENplates for success: Involve adults as role models – All simple steps relevant <a href="http://www.millionmeals.schoolfoodtrust.org.uk">www.millionmeals.schoolfoodtrust.org.uk</a>
<b>Initiative/resources/ programmes to help</b>	Guidance for headteachers DCSF <a href="http://www.dcsf.gov.uk">www.dcsf.gov.uk</a>
<b>Case Study to help</b>	Guiseley School, Leeds Case Study Airedale High School: <a href="http://www.schoolfoodtrust.org.uk/casestudies/airedalehighschool">www.schoolfoodtrust.org.uk/casestudies/airedalehighschool</a>

<b>NHSP healthy eating criteria</b>	<b>2.2</b> Ensures provision of training in practical food education for staff, including diet, nutrition, food safety and hygiene
<b>Types of information/ data to collect</b>	CPD information in folder
<b>Tools/measures to use Things you already have to do!</b>	Written Whole School Food Policy
<b>Initiative/resources/ programmes to help</b>	<p>'Cook for success' cook's conference movie. <a href="http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=33&amp;DocCatId=9">www.schoolfoodtrust.org.uk/doc_item.asp?DocId=33&amp;DocCatId=9</a></p> <p>Training and qualifications – VRQ and SWIS <a href="http://www.tda.gov.uk/support/qualificationsandtraining.aspx">www.tda.gov.uk/support/qualificationsandtraining.aspx</a></p> <p>Food partnerships <a href="http://www.foodinschools.org/food_partnerships/index.php">www.foodinschools.org/food_partnerships/index.php</a></p> <p>Licence to Cook <a href="http://www.schoolsnetwork.org.uk/cooking">www.schoolsnetwork.org.uk/cooking</a></p> <p>Healthier Catering advice <a href="http://www.food.gov.uk/healthiereating/healthycatering">www.food.gov.uk/healthiereating/healthycatering</a></p> <p>Hygiene publications <a href="http://www.food.gov.uk/aboutus/publications/safetyandhygiene">www.food.gov.uk/aboutus/publications/safetyandhygiene</a></p> <p>Food competency model <a href="http://www.food.gov.uk">www.food.gov.uk</a></p> <p>Million meals - TENplates for success: Manage Resources - Simple step 5: Invest in training, developing and empowering staff <a href="http://www.millionmeals.schoolfoodtrust.org.uk">www.millionmeals.schoolfoodtrust.org.uk</a></p> <p>School FEAST: Food Excellence and Skills Training <a href="http://www.schoolfeast.co.uk/Home">www.schoolfeast.co.uk/Home</a></p>
<b>Case Study to help</b>	Ruislip High School, London Borough of Hillingdon

**NHSP Healthy  
Eating criteria**
**2.3**

Has a Whole School Food Policy - developed through wide consultation, implemented, monitored and evaluated for impact.

**Types of information/  
data to collect**

Questionnaire, surveys, discussions

**Tools/measures to use  
Things you already  
have to do!**

Written Whole School Food Policy  
Student council minutes

**Initiative/resources/  
programmes to help**

FSA Food Policy in Schools guide for Governors [www.food.gov.uk/multimedia/pdfs/foodpolicygovernor2.pdf](http://www.food.gov.uk/multimedia/pdfs/foodpolicygovernor2.pdf)  
Food in schools toolkit [www.foodinschools.org/policies\\_reports/whole\\_school.php](http://www.foodinschools.org/policies_reports/whole_school.php)  
Consultation toolkit, as part of extended services provision  
[www.tda.gov.uk/remodelling/extendedschools/resources/downloads/extendedschools.apx](http://www.tda.gov.uk/remodelling/extendedschools/resources/downloads/extendedschools.apx)  
Million meals - TENplates for success: Make food and drink integral to the whole school day Simple step 1: Develop a whole school food policy [www.millionmeals.schoolfoodtrust.org.uk](http://www.millionmeals.schoolfoodtrust.org.uk)

**Case Study to help**

Teesdale School, County Durham (provided by the School Food Trust)  
St Thomas More Primary School in Middlesbrough is promoting Healthy Eating and lifestyle to children, young people and the broader community through a number of initiatives.  
[www.tda.gov.uk/remodelling/extendedschools/resources/casestudies/remodelling/st\\_thomasmore](http://www.tda.gov.uk/remodelling/extendedschools/resources/casestudies/remodelling/st_thomasmore)  
Eastfield Primary School: [www.schoolfoodtrust.org.uk/casestudies/eastfieldprimary/](http://www.schoolfoodtrust.org.uk/casestudies/eastfieldprimary/)

**NHSP Healthy Eating criteria**
**2.4**

Involves children/young people and parents/carers in guiding food policy and practice within the school, enables them to contribute to Healthy Eating and acts on their feedback

**Types of information/data to collect**

Views of children and young people, parents and carers.

Questionnaires, surveys, newsletter articles

**Tools/measures to use Things you already have to do!**

Student council minutes

**Initiative/resources/programmes to help**

Eat better, do better. [www.schoolfoodtrust.org.uk/doc\\_item.asp?DocId=43&DocCatId=9](http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=43&DocCatId=9)

Draft letter for parents [www.schoolfoodtrust.org.uk/doc\\_item.asp?DocId=36&DocCatId=9](http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=36&DocCatId=9)

Eat better Do better – the movies [www.schoolfoodtrust.org.uk/doc\\_item.asp?DocId=18&DocCatId=9](http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=18&DocCatId=9)

Guide to school food: changing for the better [www.schoolfoodtrust.org.uk/doc\\_item.asp?DocId=16&DocCatId=9](http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=16&DocCatId=9)

A leaflet for parents and carers [www.schoolfoodtrust.org.uk/doc\\_item.asp?DocId=6&DocCatId=9](http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=6&DocCatId=9)

FSA food policy in schools guide for Governors [www.food.gov.uk/multimedia/pdfs/foodpolicygovernor2.pdf](http://www.food.gov.uk/multimedia/pdfs/foodpolicygovernor2.pdf)

Eatwell plate [www.eatwell.gov.uk/healthydiet/eatwellplate](http://www.eatwell.gov.uk/healthydiet/eatwellplate), <http://www.food.gov.uk/healthiereating/eatwellplate>

Parent advice: Healthy Eating for your children [www.eatwell.gov.uk/agesandstages/children](http://www.eatwell.gov.uk/agesandstages/children)

Advice on Healthy Eating for teenagers [www.eatwell.gov.uk/agesandstages/teens](http://www.eatwell.gov.uk/agesandstages/teens)

Top tips for mums [www.5aday.nhs.uk/TopTipsForTopMums](http://www.5aday.nhs.uk/TopTipsForTopMums)

School Food Trust Packed Lunch guidance

Million meals - TENplates for success: Involve Pupils – All simple steps relevant and Engage with Parents and Carers – all simple steps relevant [www.millionmeals.schoolfoodtrust.org.uk](http://www.millionmeals.schoolfoodtrust.org.uk)

## 2.4 continued

**Case Study to help**

The Manor School in Mansfield Woodhouse, Nottinghamshire, aims to produce young people who are 'fit for learning, fit for work and fit for life'

[www.tda.gov.uk/remodelling/extendedschools/resources/casestudies/remodelling/manor\\_school](http://www.tda.gov.uk/remodelling/extendedschools/resources/casestudies/remodelling/manor_school)

"Easterside is firmly committed to the Healthy Schools agenda"

[www.tda.gov.uk/remodelling/extendedschools/resources/casestudies/remodelling/easterside](http://www.tda.gov.uk/remodelling/extendedschools/resources/casestudies/remodelling/easterside)

Successful breakfast club at Woolmore primary school

[www.tda.gov.uk/remodelling/extendedschools/resources/casestudies/remodelling/woolmore](http://www.tda.gov.uk/remodelling/extendedschools/resources/casestudies/remodelling/woolmore)

Keresforth Primary School: [www.schoolfoodtrust.org.uk/casestudies/keresforth](http://www.schoolfoodtrust.org.uk/casestudies/keresforth)

Arthur Mellows: [www.schoolfoodtrust.org.uk/casestudies/arthurmellowsvillagecollege/](http://www.schoolfoodtrust.org.uk/casestudies/arthurmellowsvillagecollege/)



**NHSP Healthy  
Eating criteria**
**2.5**

Has a welcoming eating environment that encourages the positive social interaction of children/young people (see Food in Schools guidance)

**Types of information/  
data to collect**

How and when children and young people have been consulted  
Changes made as a result of consultation.  
The attitudes of children and young people towards the dining room  
Number of children and young people who eat in the dining room

**Tools/measures to use  
Things you already  
have to do!**

Questionnaires, discussion, diary of events, minutes/notes of school council meetings  
Discussions, questionnaires, teacher observations, action/development plan  
Questionnaire, discussion, teacher observation, survey

**Initiative/resources/  
programmes to help**

A fresh look at the school meal experience [www.schoolfoodtrust.org.uk/doc\\_item.asp?DocId=45&DocCatId=9](http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=45&DocCatId=9)  
Celebrity posters for secondary schools [www.schoolfoodtrust.org.uk/doc\\_item.asp?DocId=39&DocCatId=9](http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=39&DocCatId=9)  
Celebrity posters for primary schools [www.schoolfoodtrust.org.uk/doc\\_item.asp?DocId=38&DocCatId=9](http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=38&DocCatId=9)  
General Healthy Eating posters [www.nutrition.org.uk/teachercentre](http://www.nutrition.org.uk/teachercentre)  
Million meals - TENplates for success: Make lunchtime a good experience – all simple steps relevant  
[www.millionmeals.schoolfoodtrust.org.uk](http://www.millionmeals.schoolfoodtrust.org.uk)

**Case Study to help**

Youth on Health, Leeds  
Prescott Primary School: [www.schoolfoodtrust.org.uk/casestudies/prescotprimary](http://www.schoolfoodtrust.org.uk/casestudies/prescotprimary)  
Cobden Primary School: [www.schoolfoodtrust.org.uk/casestudies/cobdenprimary](http://www.schoolfoodtrust.org.uk/casestudies/cobdenprimary)  
West Leeds High School: [www.schoolfoodtrust.org.uk/casestudies/westleedshigh](http://www.schoolfoodtrust.org.uk/casestudies/westleedshigh)

<b>NHSP Healthy Eating criteria</b>	<b>2.6</b> Ensures that breakfast club, tuck shop, mid-morning break, vending machines and after school food service (where available in school) meets or exceeds current DCSF school food standards
<b>Types of information/ data to collect</b>	Breakdown of what is brought at these additional food providers Monitor of these provisions
<b>Tools/measures to use Things you already have to do!</b>	Provide breakdown of food sold School Food Trust online audit
<b>Initiative/resources/ programmes to help</b>	Guide to the new food based standards for food other than lunches <a href="http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=41&amp;DocCatId=9">www.schoolfoodtrust.org.uk/doc_item.asp?DocId=41&amp;DocCatId=9</a> Eat better Do better The movies <a href="http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=18&amp;DocCatId=9">www.schoolfoodtrust.org.uk/doc_item.asp?DocId=18&amp;DocCatId=9</a> Sample menu cards <a href="http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=10&amp;DocCatId=9">www.schoolfoodtrust.org.uk/doc_item.asp?DocId=10&amp;DocCatId=9</a> School fruit and vegetable scheme <a href="http://www.5aday.nhs.uk/sfvs/schools/default.aspx">www.5aday.nhs.uk/sfvs/schools/default.aspx</a> School Nutrition Action Group <a href="http://www.healthedtrust.com/pages/snag.htm">www.healthedtrust.com/pages/snag.htm</a> Healthier Drinks Vending <a href="http://www.food.gov.uk/multimedia/pdfs/vendingmachinebklet.pdf">www.food.gov.uk/multimedia/pdfs/vendingmachinebklet.pdf</a> Fruit Tuck Shops <a href="http://www.food.gov.uk/multimedia/pdfs/fruittuckwales.pdf">www.food.gov.uk/multimedia/pdfs/fruittuckwales.pdf</a> Extended schools services such as breakfast clubs may include external providers <a href="http://www.tda.gov.uk/extendedschools">www.tda.gov.uk/extendedschools</a> School Food Checklist <a href="http://www.schoolfoodchecklist.schoolfoodtrust.org.uk/client/index.aspx">www.schoolfoodchecklist.schoolfoodtrust.org.uk/client/index.aspx</a> Innovative mid-morning snacks <a href="http://www.schoolfoodtrust.org.uk/content.asp?ContentId=513">www.schoolfoodtrust.org.uk/content.asp?ContentId=513</a> Fresh look at vending in school <a href="http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=60&amp;DocCatId=9">www.schoolfoodtrust.org.uk/doc_item.asp?DocId=60&amp;DocCatId=9</a>
<b>Case Study to help</b>	Boston Spa School, Leeds Sandwich Technology College: <a href="http://www.schoolfoodtrust.org.uk/casestudy-detail.asp?caseid=107">www.schoolfoodtrust.org.uk/casestudy-detail.asp?caseid=107</a> Sponne School Technology College: <a href="http://www.schoolfoodtrust.org.uk/casestudy-detail.asp?caseid=108">www.schoolfoodtrust.org.uk/casestudy-detail.asp?caseid=108</a>

<b>NHSP Healthy Eating criteria</b>	<b>2.7</b> Has a school lunch service that meets or exceeds current DCSF standards for school lunches
<b>Types of information/ data to collect</b>	Monitoring of food provided during lunch time
<b>Tools/measures to use Things you already have to do!</b>	Proof of food served School Food Trust online audit Evidence of food provided School Food Trust online audit tool: School Food Checklist: <a href="http://www.schoolfoodchecklist.schoolfoodtrust.org.uk/client/index.aspx">www.schoolfoodchecklist.schoolfoodtrust.org.uk/client/index.aspx</a>
<b>Initiative/resources/ programmes to help</b>	School Lunch Checklist <a href="http://www.schoolfoodtrust.org.uk">www.schoolfoodtrust.org.uk</a> A fresh look at the school meal experience <a href="http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=45&amp;DocCatId=9">www.schoolfoodtrust.org.uk/doc_item.asp?DocId=45&amp;DocCatId=9</a> Target nutrient specifications (TNS) for a range of manufactured foods used in school meals <a href="http://www.food.gov.uk/news/newsarchive/2006/may/nutrientspecs">www.food.gov.uk/news/newsarchive/2006/may/nutrientspecs</a> Eat better, do better <a href="http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=43&amp;DocCatId=9">www.schoolfoodtrust.org.uk/doc_item.asp?DocId=43&amp;DocCatId=9</a> Guide to the new food-based standards <a href="http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=41&amp;DocCatId=9">www.schoolfoodtrust.org.uk/doc_item.asp?DocId=41&amp;DocCatId=9</a> Eat Better Do Better – The movies <a href="http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=18&amp;DocCatId=9">www.schoolfoodtrust.org.uk/doc_item.asp?DocId=18&amp;DocCatId=9</a> Sample menu cards <a href="http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=10&amp;DocCatId=9">www.schoolfoodtrust.org.uk/doc_item.asp?DocId=10&amp;DocCatId=9</a> Revised guide to standards for school lunches <a href="http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=8&amp;DocCatId=9">www.schoolfoodtrust.org.uk/doc_item.asp?DocId=8&amp;DocCatId=9</a> School Food Checklist <a href="http://www.schoolfoodchecklist.schoolfoodtrust.org.uk/client/index.aspx">www.schoolfoodchecklist.schoolfoodtrust.org.uk/client/index.aspx</a> A guide to introducing the Government's food-based and nutrient-based standards for school lunches: <a href="http://www.schoolfoodtrust.org.uk/content.asp?ContentId=586">www.schoolfoodtrust.org.uk/content.asp?ContentId=586</a>
<b>Case Study to help</b>	Salt Grammar School, Bradford (provided by the School Food Trust)

<b>NHSP healthy eating criteria</b>	<b>2.8</b> Monitors children/young people's menus and food choices to inform policy development and provision
<b>Types of information/data to collect</b>	Student questionnaires on menus Monitoring of food provided during lunch time
<b>Tools/measures to use</b> <b>Things you already have to do!</b>	Whole School Food Policy School council minutes Evidence of food provided School Food Trust online audit tool: School Food Checklist: <a href="http://www.schoolfoodchecklist.schoolfoodtrust.org.uk/client/index.aspx">www.schoolfoodchecklist.schoolfoodtrust.org.uk/client/index.aspx</a>
<b>Initiative/resources/programmes to help</b>	Eat Better Do Better – The movies <a href="http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=18&amp;DocCatId=9">www.schoolfoodtrust.org.uk/doc_item.asp?DocId=18&amp;DocCatId=9</a> Food in Schools Audit tool <a href="http://www.foodinschools.org/policies_reports/fis_audittool.php">www.foodinschools.org/policies_reports/fis_audittool.php</a> FSA Food Policy in Schools guide for Governors <a href="http://www.food.gov.uk/multimedia/pdfs/foodpolicygovernor2.pdf">www.food.gov.uk/multimedia/pdfs/foodpolicygovernor2.pdf</a> School Food Checklist <a href="http://www.schoolfoodchecklist.schoolfoodtrust.org.uk/client/index.aspx">www.schoolfoodchecklist.schoolfoodtrust.org.uk/client/index.aspx</a> A guide to introducing the Government's food-based and nutrient-based standards for school lunches: <a href="http://www.schoolfoodtrust.org.uk/content.asp?ContentId=586">www.schoolfoodtrust.org.uk/content.asp?ContentId=586</a> Million meals - TENplates for success: Involve pupils – Simple step 2 <a href="http://www.millionmeals.schoolfoodtrust.org.uk">www.millionmeals.schoolfoodtrust.org.uk</a>
<b>Case Study to help</b>	Cardinal Wiseman School

**NHSP Healthy  
Eating criteria**
**2.9**

Ensures that children/young people have opportunities to learn about different types of food in the context of a balanced diet (using the Balance of Good Health), and how to plan, budget, prepare and cook meals, understanding the need to avoid the consumption of foods high in salt, sugar and fat and increase the consumption of fruit and vegetables

**Types of information/  
data to collect**

Outline of curriculum time for Healthy Eating for each year group  
Outline of breadth and balance in curriculum programme  
Children and young people's knowledge and understanding of Healthy Eating  
How the understanding of a balanced diet for all children/young people are being addressed

**Tools/measures to use  
Things you already have  
to do!**

Healthy Eating / design and technology/ food technology schemes of work  
Questionnaire, discussion, survey  
Whole School Food Policy

**Initiative/resources/  
programmes to help**

5 a day the bash street way [www.food.gov.uk/](http://www.food.gov.uk/)  
Eat smart, play smart [www.food.gov.uk/](http://www.food.gov.uk/)  
Strictly Yum Dancing [www.food.gov.uk/](http://www.food.gov.uk/)  
Key stage 1 generic lesson plans [www.schoolfoodtrust.org.uk/doc\\_item.asp?DocId=27&DocCatId=9](http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=27&DocCatId=9)  
Key stage 1 PSHE lesson plans [www.schoolfoodtrust.org.uk/doc\\_item.asp?DocId=25&DocCatId=9](http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=25&DocCatId=9)  
Key stage 2 generic lesson plans [www.schoolfoodtrust.org.uk/doc\\_item.asp?DocId=24&DocCatId=9](http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=24&DocCatId=9)  
Key stage 3 generic lesson plans [www.schoolfoodtrust.org.uk/doc\\_item.asp?DocId=22&DocCatId=9](http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=22&DocCatId=9)  
Key stage 4 generic lesson plans [www.schoolfoodtrust.org.uk/doc\\_item.asp?DocId=20&DocCatId=9](http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=20&DocCatId=9)  
Key stage 4 PSHE lesson plans [www.schoolfoodtrust.org.uk/doc\\_item.asp?DocId=19&DocCatId=9](http://www.schoolfoodtrust.org.uk/doc_item.asp?DocId=19&DocCatId=9)  
Eatwell plate [www.eatwell.gov.uk/healthydiet/eatwellplate/](http://www.eatwell.gov.uk/healthydiet/eatwellplate/), [www.food.gov.uk/healthiereating/eatwellplate/](http://www.food.gov.uk/healthiereating/eatwellplate/)  
Teen links [www.eatwell.gov.uk/agesandstages/teens/](http://www.eatwell.gov.uk/agesandstages/teens/)

**2.9 continued**

<b>Initiative / Programmes to help</b>	<p>Fats, sugars, salt <a href="http://www.eatwell.gov.uk/healthydiet/nutritionessentials/fatssugarssalt/">www.eatwell.gov.uk/healthydiet/nutritionessentials/fatssugarssalt/</a>, <a href="http://www.salt.gov.uk/5aday.nhs.uk">www.salt.gov.uk/5aday.nhs.uk</a></p> <p>School fruit and vegetable scheme <a href="http://www.5aday.nhs.uk/sfvs/resources/default.aspx">www.5aday.nhs.uk/sfvs/resources/default.aspx</a></p> <p>Eat Smart Play Smart <a href="http://www.food.gov.uk/healthiereating/nutritionschools/teachingtools/eatsmartplaysmart/">www.food.gov.uk/healthiereating/nutritionschools/teachingtools/eatsmartplaysmart/</a></p> <p>Food Competences for children and young people <a href="http://www.food.gov.uk/">www.food.gov.uk/</a></p> <p>Food in school curriculum resources <a href="http://www.foodinschools.org/curriculum/index.php">www.foodinschools.org/curriculum/index.php</a></p> <p>Extended schools and health services – working together for better outcomes for children and families <a href="http://www.teachernet.gov.uk/wholeschool/extendedschools/practicalknowhow/">www.teachernet.gov.uk/wholeschool/extendedschools/practicalknowhow/</a></p> <p>Food – a fact of life website: Free resources to support the teaching of Healthy Eating, cooking and farming. Resources include posters, worksheets, photographs, interactive activities for whiteboards, cooking videos, recipes and PowerPoint presentations. The site is supported by comprehensive teachers' guides. <a href="http://www.foodafactoflife.org.uk">www.foodafactoflife.org.uk</a></p> <p>British Nutrition Foundation: Teacher centre has free resources to support Healthy Eating and cooking in school. This includes posters, PowerPoint presentations and worksheets. The site also includes a Food Life Skills resource for 14-16 year old students. <a href="http://www.nutrition.org.uk/teachercentre">www.nutrition.org.uk/teachercentre</a></p> <p>Let's Get Cooking <a href="http://www.letsgetcooking.org.uk/Home">www.letsgetcooking.org.uk/Home</a></p>
<b>Case Study to help</b>	<p>St Mary's Catholic Comprehensive School, Menston, Leeds</p> <p>For 5 A DAY the best document is the FSA Consumer Attitudes Survey which has a section on 5 A DAY awareness and consumption, is published annually and is available on the FSA's website at <a href="http://www.food.gov.uk/science/surveys/foodsafety-nutrition-diet/">www.food.gov.uk/science/surveys/foodsafety-nutrition-diet/</a></p> <p>The NFER report on the impact of the SFVS published in September is the DH Website at <a href="http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_078170">www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_078170</a></p> <p>In a tale of fruit kebabs and smoothies, Beach Road primary school has worked with Sefton's extended schools team to develop a regular playground fruit and vegetable market, with significant knock on benefits for the children running it, parents and the wider community. <a href="http://www.tda.gov.uk/remodelling/extendedschools/resources/casestudies/remodelling/beach_road">www.tda.gov.uk/remodelling/extendedschools/resources/casestudies/remodelling/beach_road</a></p>

**NHSP Healthy  
Eating criteria**
**2.10**

Has easy access to free, clean and palatable drinking water, using the Food in Schools guidance

**Types of information /  
data to collect**

Questionnaires, surveys, discussions

**Tools / measures to use  
Things you already  
have to do!**

Whole School Food Policy  
Student council minutes

**Initiative /  
Programmes to help**

Food in schools toolkit  
Drinking water inspectorate [www.dwi.gov.uk/](http://www.dwi.gov.uk/)  
Water Health alliance [www.waterforhealth.org.uk/](http://www.waterforhealth.org.uk/)  
Water is cool in schools [www.wateriscoolinschool.org.uk/](http://www.wateriscoolinschool.org.uk/)

**Case Study to help**

Wimbledon Park Primary School, London  
(provided by the School Food Trust)

**NHSP Healthy  
Eating criteria**
**2.11**

Consults children/young people about food choices throughout the school day using school councils, Healthy School task groups or other representative pupil bodies

**Types of information /  
data to collect**

Discussions from form groups, surveys, questionnaires.

**Tools / measures to use  
Things you already  
have to do!**

Written Whole School Food Policy  
Minutes from student council

**Initiative /  
Programmes to help**

Million meals - TENplates for success: Involve pupils- Simple step 1 and 2 [www.millionmeals.schoolfoodtrust.org.uk](http://www.millionmeals.schoolfoodtrust.org.uk)

**Case Study to help**

St John's Primary School, Gosport (provided by the School Food Trust)  
Bankside Primary School: [www.schoolfoodtrust.org.uk/casestudies/bankside](http://www.schoolfoodtrust.org.uk/casestudies/bankside)



# Organisations



## Food Standards Agency

The Agency is a UK-wide body, a non-ministerial Government department operating at arm's length from Ministers and governed by a Board appointed to act in the public interest. Our job is to protect consumers from health risks and to look after their interests in all matters related to food, including drink. The Agency works across key project areas including food safety, eating for health and choice. We work closely with many colleagues, partners and stakeholders including other UK Government departments, the governments of Scotland, Wales and Northern Ireland, local authorities, food producers, distributors and retailers, non-governmental organisations, consumers and consumer organisations. Our vision being safe food and healthy eating for all.

[www.food.gov.uk](http://www.food.gov.uk)



## British Nutrition Foundation

The British Nutrition Foundation is a registered charity. It promotes the wellbeing of society through the impartial interpretation and effective dissemination of scientifically based knowledge and advice on the relationship between diet, physical activity and health. BNF provides free education resources from both of its websites:

[www.nutrition.org.uk](http://www.nutrition.org.uk) or [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)



# Organisations

department for  
**children, schools and families**

## Extended schools

Promoting achievement and raising standards for all, means looking at the needs of each individual child and young person and offering them new opportunities for learning and development. Extended schools can do just that by improving children's lives, boosting their attainment, supporting families and placing schools at the heart of their communities. Extended schools are Every Child Matters in action. By 2010, all children should have access to a core offer of extended services in and around their school.

[www.dcsf.gov.uk](http://www.dcsf.gov.uk)



## The School Food Trust

The School Food Trust was established by the Department for Education and Skills in September 2005. Its remit is to transform school food and food skills, promote the education and health of children and young people and improve the quality of food in schools. The School Food Trust launched the Million Meals campaign in October 2007 which aims to have a million more children eating school meals by the end of 2010. This campaign focuses on increasing the take-up of school meals and supports schools who sign up to make small changes that will have a big impact.

[www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)



# Organisations



## 5 A Day

There are a wide variety of fruit and vegetables to choose from to set you up for a healthier lifestyle.

To get the best health benefits, your 5 A Day portions should include a combination of a variety of fruit and vegetables.

[www.5aday.nhs.uk](http://www.5aday.nhs.uk)

## Food Partnership Training

The Food Partnership provides training to help meet the criteria for element 2.2 of the NHSP Healthy Eating core theme criteria. The Food Partnership is one element of the DCSF strand of the Food in Schools programme and it has over 170 accredited trainers in schools across England.

Accredited trainers plan to a specified format and content to include:

- the development of practical food preparation skills
- food hygiene and safety
- nutrition and healthier eating
- the development of food education in the curriculum.

[www.foodtrainingpartnership.co.uk](http://www.foodtrainingpartnership.co.uk)



# Organisations

department for  
**children, schools and families**

## DCSF

The DCSF and its Ministers are responsible for the School Food Programme. This includes setting the nutritional standards that apply to all school food, providing additional funding to support the improvement of school food and deciding the overall direction of the Programme.

It works closely with the School Food Trust to achieve the shared aim of promoting the education and health of children and young people by increasing the quality of food supplied and consumed in schools.

[www.dcsf.gov.uk](http://www.dcsf.gov.uk)



# Healthy Eating<sup>HS</sup>

Thank you



**Healthy Schools**

[www.healthyschools.gov.uk](http://www.healthyschools.gov.uk)