

Ladywood Primary School



Food Policy
February 2026

At Ladywood we recognise the importance of food in our lives. Learning about food encourages children to gain an interest in the food they eat. We know that healthy eating is vital for good health and we understand that there is a strong link between a healthy diet and effective learning. The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. Working with food and providing children with opportunities to sample different foods has an important role to play in enriching our social development and increasing our appreciation of cultural diversity as well as widening children's experience of a range of foods.

At Ladywood we aim to:

- provide children with the opportunity to learn about health, nutrition and well being through the taught curriculum;
- increase children's knowledge of where their food comes from and how this will impact upon their own lives and environment;
- maintain or improve the health of the children through education - by increasing knowledge and understanding of what constitutes a balanced diet and how to ensure that food is prepared healthily and safely;
- ensure that working with food in school reflects the ethical and medical needs of staff and children, eg catering for the needs of religious groups, vegetarians and people with specific food-related allergies;
- ensure that we give children consistent messages about food and health;
- make working with food an enjoyable, safe and sociable experience;
- introduce and promote healthy eating practices and help to influence children's eating habits through increasing their knowledge of food issues;
- teach the core competences of cooking throughout the school, showing clear progression and developing skills in preparing and cooking food from Nursery to Year 6.

Objectives

Cooking and Nutrition appears in the National Curriculum (2014) as part of the Design and Technology curriculum. As well as DT, there are many opportunities throughout the curriculum for teaching children about issues related to food, nutrition and hygiene when working with food. These aims will be met in lessons through:

As part of the Design and Technology Curriculum

In Design and Technology children learn food preparation and handling skills, food hygiene, analysing existing products and designing and making their own

food products. Cooking and Nutrition in DT is taught once a year and skills are developed in the following year.

A Cross-Curricular Approach

The importance of a balanced diet is taught in DT, Science and PSHE. Aspects as to where food comes from and cultural aspects of food can be covered in DT, RE, Science, Geography and History. Writing recipes and instructions for making can be taught in English. Working out prices and costing can be covered in Maths.

Tasting Sessions

Children are given the opportunity to investigate different foods by sampling and evaluating these.

Health and Fitness Week

Health and Fitness week normally falls within the last few weeks of the Summer Term. Children are given the chance to learn about healthy eating and different types of food.

Health and Safety

Teachers should be aware about which hygiene and safety measures are necessary and how to teach children about them. This includes developing knowledge and understanding of health and safety as consumers and as food handlers.

- children will be taught to wash their hands before working with food and after the lesson.
- long hair must be tied back.
- children should be reminded not to touch their mouths, ears, noses, hair or eyes whilst working with food and if this does occur they are to wash their hands.
- all surfaces used for food preparation should be cleaned thoroughly with hot, soapy water and prepared for food handling.
- children should be taught the correct and safe way to handle tools and equipment needed for working with food, eg knives, graters, peelers and children should be supervised when using these items of equipment.
- children should be encouraged to understand the implications of health and safety issues both as designers and consumers.
- children should be taught how to carry out simple risk assessments of their own rather than expecting this to be done for them. This is part of developing safety awareness and good working practices. This could involve looking for potential hazards in the room they are working in.
- all staff and volunteers involved in preparation of food need to be aware of food safety and hygiene issues.

- spillages must be cleared up immediately.
- appropriate food safety precautions are taken when food is prepared or stored.
- an apron should be worn at all times, and if deemed necessary change to a clean one (e.g. after spillages).

Food Allergy and Intolerance

Children may have food allergies and some may be intolerant to certain foods. These children must be considered carefully before embarking on a project of working with food to ensure the health and safety of all children. If necessary, alternative foods should be provided to avoid any risks to the children.

Special Dietary Requirements

Children may have special dietary requirements due to religious beliefs and cultural practices. These must be considered carefully and alternative choices of food offered as required. In some instances, children may need to provide their own food in order for them to take part in these occasions.

Each member of staff must be aware of any child with a special dietary requirement or food allergy or food intolerance and communicate with the parents before embarking on a project that requires working with food.

Resources

All classes have access to the cooking equipment which is located in the Staff Room kitchen, the EYFS kitchen and the Library kitchen. All equipment must be cleaned thoroughly and returned after use.

Roles and responsibilities

Design Technology co-ordinator

It is the responsibility of the co-ordinator to:

- liaise with other members of staff;
- arrange training support for teaching and non-teaching staff ;
- ensure resources are ordered and put away correctly.

Staff

Staff are responsible for:

- ensuring that they have the equipment they need to teach food;
- know any allergies or special requirements that are in class;
- ensuring pupils are following any rules needed in a food session.

Pupils

Pupils are expected to engage fully in the Design and Technology lesson and follow any rules to ensure they are safe at all times.

Signed: Mrs N Rossell

Date: February 2026

Cooking and nutrition

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils should be taught to:

Key stage 1

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from.

Key stage 2

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.