

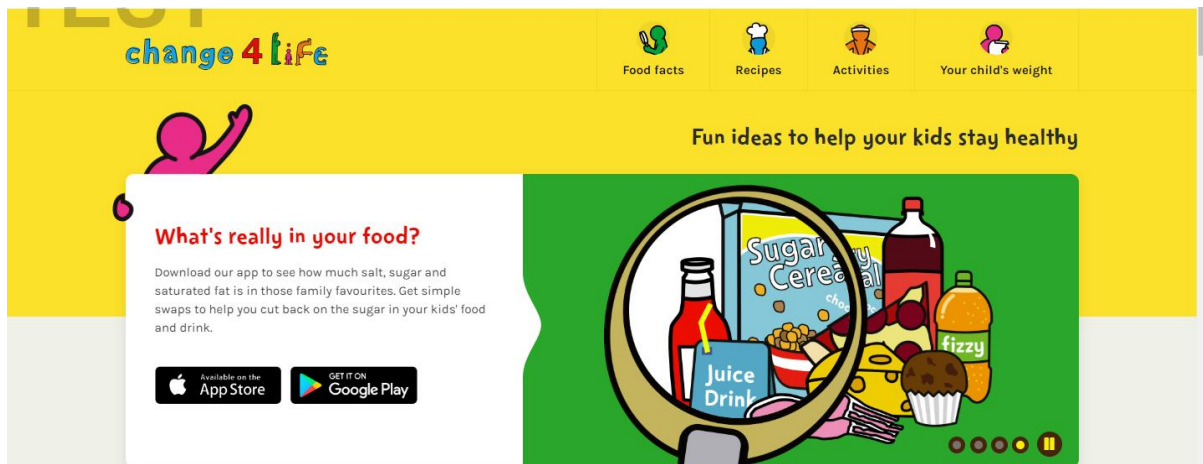


“Dedicated to delivering inspirational learning experiences.”

Healthy Eating Charter

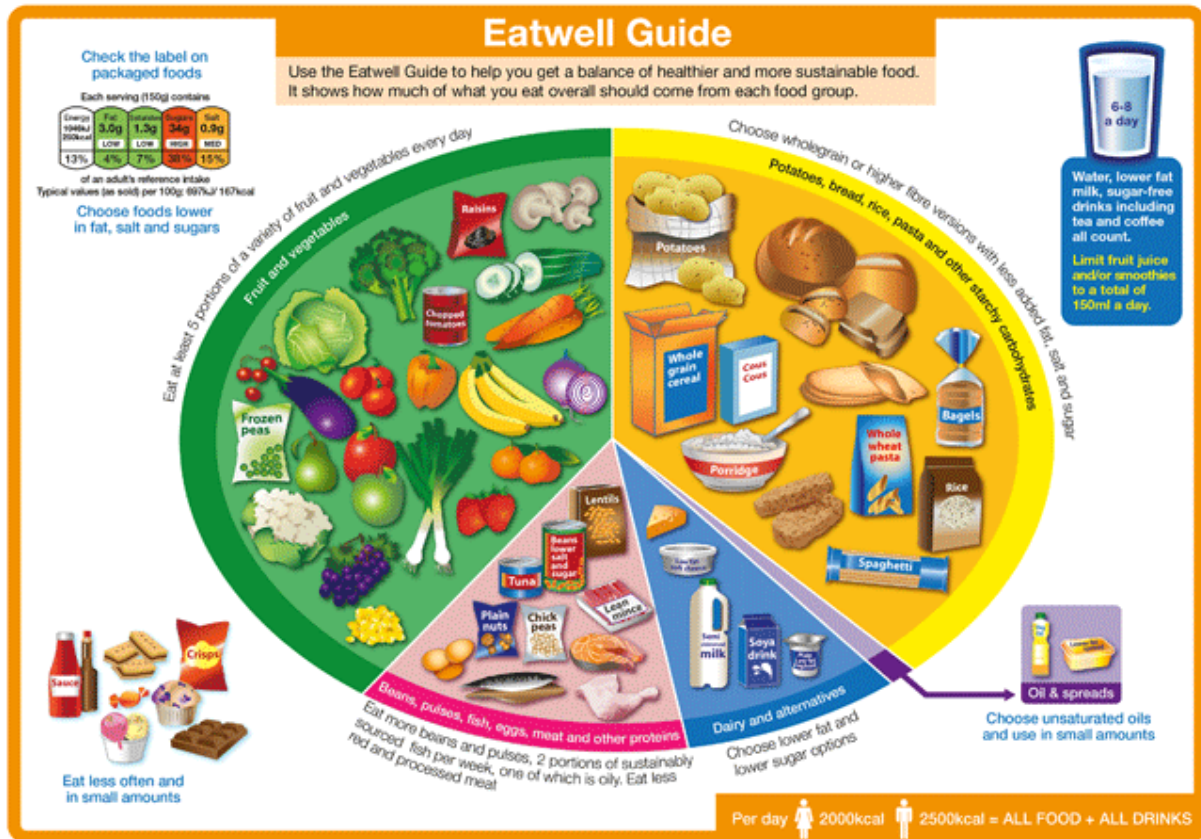
At Baginton Fields School we will promote healthy eating by:

- Reviewing our school dinners three times a year by asking class staff and, where appropriate, students for their feedback.
- Providing advice to parents on ways to produce healthy packed lunches and break-time snacks.
- Maintaining a link from our website to the Healthy Eating page of Coventry City Council’s website:
www.coventry.gov.uk/info/190/health_and_wellbeing/1792/healthy_eating/1
- Providing information from the NHS which has a reliable service through their Change4Life website and application.



The application helps you in knowing how much sugar, saturated fat and salt the product contains in reality. So you just need to scan the barcode on the product e.g. tin, etc. and you will get the quantity level.

- Encompassing the principles of The Eatwell Plate in all our food-related activities. For example, in cooking and science lessons we will support children to prepare fresh fruit, fresh vegetables and foods which are high in carbohydrates on most occasions. When providing foods which are high in fat, we will model and, where appropriate, explain that only a small amount of these foods should be eaten.



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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- Allowing children to explore food in contexts other than eating it. This might be by making fruit monsters, as shown here, or by comparing different foods in a novel way e.g. by investigating how much noise or how big a splash they make when dropped. Research shows that playing with less familiar foods encourages children to try them.
- Supporting parents in their endeavours to change any existing unhealthy eating habits of their children, especially children who are showing signs of malnourishment such as being overweight for their height and age.
- Continuing to involve children in growing potatoes and other vegetables in the school allotment.

If you require further details on our Healthy Living charter, please do not hesitate to contact school on 02476 303854 or by emailing admin@bagintonfields.coventry.sch.uk