

Penllergaer Primary School



Food, drinks, healthy eating and fitness Policy

The United Nations Convention on the Rights of the Child (CRC) is at the heart of our school's planning, policies, practice and ethos. As a rights-respecting school we not only teach about children's rights but also model rights and respect in all relationships - Linked to Articles 6, 24 (CRC)

Introduction

(To be read and used with the health and hygiene policy and procedure.)

Improving children's nutrition and levels of physical activity are a priority at Penllergaer Primary School. Children need a healthy diet and participate in regular exercise for normal growth and development. A healthy diet in childhood can help prevent a variety of problems; both in the short term (dental decay, anaemia, obesity and constipation), and later in life because the early processes of some adult diseases start in childhood (coronary heart disease, some cancers, strokes and osteoporosis). Scientific research has shown that well nourished pupils are likely to be more receptive to teaching and will learn better.

Education about food and nutrition, equips children with the knowledge to choose a balanced diet, the understanding of why that is important and the relationship between diet and exercise.

Education about physical activity offers children an understanding of the importance of physical fitness and recreation to their health and wellbeing and explains the crucial links between diet and activity. Skills acquired through physical education enable children to take part in a wide range of sport, recreation and activities that

can help to enhance self esteem, independence, enjoyment and social integration. Ready access to opportunities to engage in sport and recreation provides the basis for children to build physical activity into their daily lives. This means making best use of opportunities for physical education in the school day, after school activities and the facilities of the local authority leisure services and community sports clubs.

Mission Statement

Penllergaer Primary School will endeavour to improve the health of the community by involving all stakeholders in establishing and maintaining life-long healthy and environmentally sustainable eating habits. The objective is “to make Penllergaer Primary a healthy school, where health awareness and promotion is integrated into school life as part of a drive to promote health and improve educational standards”. Penllergaer Primary is committed to the aims of the National Healthy Schools Scheme. This will be achieved by educating pupils in the growing and cooking of foods, the provision of food supplied by the school and academic provision for food education as part of the curriculum.

Given the increasing evidence of the social and environmental damage caused by some methods of food production, manufacturing and distribution, we believe it is important our pupils learn about:

- a) Issues around food production e.g. organic food, free range food, Sustainable food and farming practices etc
- b) Food marketing techniques and labelling information.

We help our pupils understand that all foods can be eaten as part of a healthy diet, but some foods need to be eaten in moderation. We insist that healthy diet and regular exercise be an integral part of every school day. Every break time, Penllergaer is a hive of organised activity. With an adventure playground in yards, field, forest, lots of table top games and equipment, playground markings, active and quiet zones to choose from, every child is occupied. In addition we have trained "buddies" and our restorative practices approach has resulted in bullying being dramatically reduced.

Penllergaer Primary promotes a healthy lifestyle when providing food or food-related activities to children.

We do this by:

- Registering our premises with the local authority according to the Food Premises (Registration) Regulations Act 1991, Food Safety Act 1990 and Food Hygiene Amendment (Regulations 1990).
- Seeking advice from the Food Standards Agency where needed (Our after school club and School Lunch canteen both have 5 star ratings – certificates are displayed)
- Taking account of and learning from Food and Health Guidelines for Early Years and Childcare Settings (Welsh Assembly Government/Health Challenge Wales, March 2009)¹.
- Noting information about their child and family needs provided by parents/carers at admission.
- Involving parents/carers and children in the ongoing development and review of this policy.
- Displaying our weekly menus in advance.
- Ensuring that we use an inclusive approach to meeting children’s dietary/cultural/health and age and stage needs when providing food and food-related activities.

¹ <http://wales.gov.uk/topics/health/improvement/index/guidelines/?lang=eng>

- Ensuring staff receive training about healthy eating and food safety.
- Offering nutritious foods at snack and meal times that meet the children's individual dietary needs.
- Providing fresh drinking water throughout each session.
- Serving semi-skimmed milk.
- Avoiding foods that contain high proportions of fat, sugar or salt and the use of foods containing additives, preservatives and colourings are minimised.
- Keeping parents/carers informed about what their child eats; their likes and dislikes as new tastes are developed.
- Encouraging children to try a range of food experiences and activities that broaden their taste and understanding of their own and other cultures, in addition to valuing and respecting other traditions.
- Ensuring that food that is part of a celebratory event is discussed in advance and continues to meet this policy and procedure.
- Encouraging children to access outdoor activities.
- Never using food as a form of punishment.
- Giving children the time they need to eat and drink.
- Using appropriate furniture, crockery and cutlery and serving food in ways that develop and encourage social skills.
- Ensuring adults sit with children at meal times and model and encourage social skills and behaviour.
- Ensuring that any food waste is disposed of in ways that care for our environment.

This policy document sets out the school's aims, objectives, and how we aim to achieve the objectives through curriculum, environment and community; implementation and monitoring.

The WG 'Appetite for Life' legislation has guided and influenced the development of this policy.

Aims

- To improve the health and fitness of the whole school by equipping pupils with ways to establish and maintain healthy eating habits and lifestyles, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day.
- To promote nutrition education within the taught curriculum, and whole school provision and practices, e.g. extra curricular activities, visitors, out of school provision etc.
- To promote education to raise awareness of issues around food in relation to Sustainable Development and Global Citizenship
- To provide a safe and enjoyable environment in which food is served and eaten.
- To promote after school clubs which include a broad range of purposeful and enjoyable physical activities for our pupils. These can also include practical cooking skills on healthy eating lifestyles.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.

- To ensure pupils acquire key skills in preparing and cooking food and develop an understanding of basic food hygiene

Objectives

- To involve the whole school community including Governors, parents and catering personnel
- To integrate these aims into all aspects of school life, in particular:
 - Food provision within the school
 - The curriculum
 - Pastoral and social activities
- To develop a positive attitude to health and to promote the physical, mental and emotional well-being of all our children through the healthy ethos of our school.
- To give our pupils the skills, knowledge and understanding that they need to make healthy choices.
- To involve the children in the decision making process relating to issues linked to food and fitness.
- To ensure all that all food and drink provision is in line with the guidance as set out in Appetite for Life.

Curriculum

We will review and monitor the delivery of the curriculum and highlight opportunities for food and fitness education to ensure that it offers pupils a cross curricular and consistent approach. This should include:

- An understanding of the relationship between food and health.
- A cross curricular approach to food and fitness.
- Practical and enjoyable cooking skills and have a good understanding of hygiene and why it is important.
- Opportunities to learn about the growing and farming of food and its impact on the environment both in the classroom and outside in the countryside.
- A well planned P.E. Scheme of Work to include health-related exercise and to make good use of opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition.
- An understanding that food comes from all over the world and this has an impact on choice and on the environment.

In the delivery of the curriculum, a variety of strategies will be used including:

- Assemblies – focusing on the whole school food and fitness issues to encourage consistent messages.
- Circle time – focus on children’s feelings linked to food and fitness.
- Health weeks – To promote specific topical areas relating to food and fitness in whole school health weeks where all children carry out age related activities to the focus of the week.
- Visitors – To use visitors where possible to aid children’s learning about food and fitness.

We emphasise the importance the relationship between diet and physical activity has in influencing health and well being within a range of curriculum subjects:

- English, e.g. food diaries, following instructions
- Health and wellbeing e.g. menu planning, nutrition, recycling, waste, drugs education
- Science and Technology - Science, e.g. effects of heat on food, cooking, food chains, micro-organisms, plant growth, nutrition, Information Technology, e.g. recording results of a food survey, website review, Design and Technology, e.g. cooking, designing tools, menu planning, food hygiene(e.g. common food

poisons, bacterial growth, contamination, washing hands, temperatures, storage, cleaning and disinfectant)

- Humanities - Geography, e.g. what food grows where, transporting food, recycling, waste, food production, marketing and labelling, Religious education, e.g. cultural diversity, History, e.g. past diets, discoveries
- Maths, e.g. weights and measures
- Creative e.g. observational drawings of food, healthy eating posters
- A broad range of safe, stimulating indoor and outdoor play and recreational facilities which incorporate healthy lifestyle activities and the inclusion of PESS programmes (outdoor pursuits / dance and gymnastics).

(See appendix for examples of food work within the curriculum).

Examples of activities that support curriculum work:

- Relationships with local food businesses, e.g. farms, shops, supermarkets and restaurants (food professionals such as chefs are encouraged to come into the classroom and pupils visit various premises).
- Tasting sessions e.g. tasting fresh, dried, juiced, frozen and canned fruits and vegetables
- Cooking demonstrations and cooking club (Most classes participate in one cooking activity per term and participate in occasional 'cook weeks' e.g. design and make a healthy breakfast.).
- Healthy eating projects
- School website with links to related sites
- School gardens - pupils are given the opportunity to plant, harvest, prepare, cook and eat the food they grow. Each class has adopted a planter or small part of the garden to produce food. Competitions to see who can grow the tallest sunflower or biggest carrot are held. They also see what they can grow indoors? E.g. by Planting the top of a pineapple or growing cress as hair for an "egg" person, or growing a broad bean plant from a seed. Growing activities like these develop pupils' science skills as they investigate the best conditions for growth. Safe Routes to Schools Project/ Kerb Craft in partnership with the LA Road Safety Department and involved parents working along with pupils.
- All of our curriculum is child centred and focused on the social/emotional and healthy life styles of our pupils. We are a PESS school and have undertaken outdoor pursuits / dance programme/splash parties and gymnastics.

Environment

We will ensure that our school environment promotes a healthy school which is stimulating and attractive, and where children feel safe, secure and supported. This will include:

Dining areas

The school aims to provide a welcoming eating environment that encourages a positive social experience for all children. The dining area displays an attractive menu of the food options available to all pupils.

Pupils and staff are often consulted on the following Dining area issues:

- Is it safe, pleasant, comfortable, attractive and clean?
- Are there sufficient dining room supervisors?
- Do supervisors provide advice on food choices / hygiene?
- How can we ensure pupils have sufficient time to eat?
- How do we foster good manners and respect for fellow students?
- Are facilities for washing hands adequate?
- Are there sufficient litter bins and facilities for waste food? Are they

emptied regularly? Is waste disposed of in a sustainable manner?

Displays

Displays are to be attractive, bright and have an educational message to promote the healthy ethos of the school.

School playground

The school council have in been successful in obtaining grant funding from 'In the Zone' Sports Council for Wales. They divided the playground into active and reflective zones and designed a range of games for each area. The games were painted onto the playground.

Eco/Gardening Club

The green finger gang are the gardening club. They work tirelessly throughout the year ensuring our grounds are free of weeds and our planters and vegetable plots are well maintained. They have sought help from the local horticultural groups/residents with a keen interest in gardening and the LEA Grounds Maintenance team who have advised on soil acidity and what types of plants and vegetable could be grown successfully. The whole school have benefited since every class has adopted a plot and vegetables and herbs grown have been used in cookery lessons (Science/DT).

Healthy Schools Scheme and Eco Schools

Penllergaer is currently awaiting its second reaccreditation for NQA status of the Healthy Schools Scheme and has Green Flag status and Eco and Active Marc Cymru awards (see school files for work done in these areas).

Water issues

The school has adopted the 'water bottles on desks' scheme which provides pupils with easily accessible, freely available, fresh drinking water throughout the day. The school provides a safe water supply via two Water-cooling systems and Water Jugs are available at lunchtime. The water supply is tested annually under the Water Suppliers contract but also periodically by our school caretaker. Pupils have regular Water breaks during sport /exercise activities. The water bottles are sent home regularly for sterilising. Pupils are encouraged to drink at least 2 bottles of water a day.

School meals

The school canteen offers a wide range of choice at lunchtime. Meat including Halal meat and vegetarian options offered daily along with jacket potatoes and fresh salad bar. The catering service provides meals which conform to nutritional standards and incorporates special dietary requirement eg, vegetarian, food allergies.

We endeavour to ensure maximum uptake of meals and that all pupils entitled to a free meal receive one. This is done through parental information / communication, meals promotions and procedures to protect identity of free meal claimants.

We maximise the reduction of waste by recycling, reusing, composting and purchasing recycled products. The school caterers are involved in our recycling campaign.

Penllergaer Primary School strives to ensure:

- Lunchtime staff are trained in hygiene and nutrition as well as pastoral care.
- The Dining Hall is safe, comfortable and attractive.
- Older pupils assist younger members.

- Healthy varied choice
- Daily salad bar
- Pupils are given time to enjoy the eating experience.
- There is a plentiful supply of clean drinking water.
- Hygiene standards are met in respect of washing hands and removal of food waste.
- Good manners are fostered

Catering Service Objectives

- Reduce the amount of fat, sugar and salt in foods prepared on site and reduce the amount of processed foods in the menu
- Promote healthy eating options daily and through special promotional events linking with school staff and the curriculum to provide a combined approach
- The School cook liaises with school staff, parents and the school council to ensure a customer focussed approach
- The School cook receives nutritional training as part of her Continual Professional Development.
- The Catering Service liaises with the Department of Dietetics, the Health Promoting Schools Officer for school menu planning and all aspects of school food provision
- All menus comply with the Welsh Assembly Government's 'Standards for School Lunches'
- The 'Healthy Eating Plate' is displayed in the school dining Hall.

Healthy Lunch Boxes

One of our action areas for Phase iv of the Healthy Schools Award was to ensure pupils had a healthy lunch box. The school council met with a representative from lechyd Morgannwg who helped them design a leaflet that could be given to parents to provide them with some useful tips and ideas for making a healthy lunch box for their child. The school council were mindful of the different cultures in the school and ensured the list of food items contained in the leaflet reflected this.

School Tuck Shop

During each morning break we have a tuck shop selling a range of healthy snacks and drinks. The Tuck shop is currently a profit making enterprise run by Y5/6 pupils who also serve in the tuck shop. Pupils learn to make healthy choices for snacks and handle their own money -Two very important life skills.

The Tuck Shop provides, on a daily basis, a selection from the following:

- Fresh fruit – apples, pears, oranges, bananas, grapes
- Fresh fruit juice, Water and Milk.

Pupils can purchase fruit pots, fruit kebabs and fruit salads. Snack / packed lunch items we discourage are:

- Fizzy drinks
- Chocolate
- Crisps
- Chewy / boiled sweets
- Birthday cake

In addition we have occasional promotion / celebration days e.g. Chinese New year/Eid tuckshop, Go Bananas and Fair Trade

The school has provided an Estyn sector leading practice case study for its Fruit Tuck Shop entrepreneurial work.

Health and Hygiene

Fruit served in the tuck shop is washed before being served and pupils are encouraged to wash fruit again before eating it. Pupils are reminded to wash their hands every time they go to the toilet and before eating. There are bilingual signs over the wash basins and on doors in cubicles.

Health and hygiene also features in our school curriculum. Consideration is given to hygiene practices in line with WG's 'Teach germs a lesson' pack.

Milk Provision

All Foundation Phase pupils have access to the Welsh Assembly Government's free milk scheme. The milk is from a local farm and the plastic bottles are washed and recycled.

Breakfast Club

Penllergaer has a free breakfast club to provide our children with a healthy start to the day. We offer a nutritious breakfast in a happy, safe and friendly environment, where children can meet with their friends. We also provide breakfast for reception children, and approximately 80 children now attend regularly. A choice of breakfasts are available and plenty of activities are offered to keep the children occupied during their stay. The club is open from 7.55 a.m. until school starts at 8:50 a.m.

Breakfast Menu	Activities Provided
Toast	Board Games
Choice of cereal	Floor Games
Fruit Juice	Outdoor equipment
Selection of Fruit	Colouring
Yoghurt	Drawing
Milk	Construction Kits
Water	

South Wales Police Programme

Three teachers from Penllergaer were seconded by South Wales Police Education Core Programme unit to develop lessons plans for a variety of health and safety topics ranging from alcohol and substance abuse to healthy eating and stranger danger. In addition, the Police School's liaison officer leads a series of lessons with each year group throughout the year.

Mindfulness, Class Moves, Brain Gym

Teachers have received various training sessions as part of the school's involvement in the Healthy Schools scheme. Staff have seen the benefits of mindfulness, movement and relaxation in helping pupils be more in tune with their emotions and have a greater understanding of how their body works. This impacts positively on relationships, self-esteem and concentrate enabling them to work harder and achieve well.

PE

At Penllergaer Physical education is given a high profile. All pupils are expected to participate in PE sessions of which there are at least two timetabled lessons per week. One such lesson is taken by a sports coach. Sport and PE contribute to key skills, in particular, literacy and numeracy as well as ICT and skills such as working together. Each child from Y3 to Y6 undertakes a swimming lesson once a week for approximately 8 weeks each year. Teachers have been trained to PESS gymnastics level 1 standard as well as in Dragon Sports. Health related exercise is a key aspect of PE and includes specific reference to the relationship between food intake, exercise and physical health. We also provide a range of after-school clubs. The school has Active Marc Cymru accreditation.

After School Clubs

We offer a range of after school clubs for our pupils that vary according to the season. Clubs available are seasonal and range from Football, Cooking, IT, Dance, Choir, Chess and Sewing, to Gardening, Hockey, Eco, Homework and Cricket.

Smoking

Penllergaer is a non-smoking environment.

Community

Within its broad purpose of WG's 'education for life' Penllergaer Primary School will seek to:

- **Provide Sport's days**
We encourage healthy snacks at Sport's Day where children can buy fruit pots. Water is freely available and pupils have a slice of orange to eat in between races.
- **Provide Community events**
We also hold an annual Winter Fayre whereby the Eco Club make and sell eco friendly decorations. The school has worked with the community to develop Safe Routes to School and participated in tree planting events. The Community Council supported the school in planting its own Orchard and the horticultural club supports our Gardening club. We are proud recipients of Swansea in Bloom Awards..
- **Parents**
Penllergaer Primary School encourages strong and positive partnerships with the parents. We endeavour to keep parents, carers and pupils regularly updated on food policies and various food and fitness related initiatives through school newsletters. We value the opinions and suggestions of pupils and parents. A healthy lunch box leaflet is distributed to parents on an annual basis and a reminder slip sent home if a lunchtime supervisor observes a child has an unhealthy lunch box over a period of time.
- **Outside agencies**
Penllergaer Primary School uses a variety of outside agencies in promoting food and fitness for example specialist sports people including Swansea Leisure Centre, Swansea City Football Club and Ospreys Rugby Club. We also attend festivals and inter school activities.

The Role of the school's Health and Wellbeing AoLE Team

The Team will facilitate Food and Fitness in the following ways:

- Updating policies
- Reviewing/monitoring and evaluating the curriculum ideas related to food and fitness
- Liaising with colleagues and outside agencies relating to fitness.
- Co-ordinating focus food and fitness weeks.
- Co-ordinating and/or providing INSET/training

- Keeping staff informed of new developments
- Providing support to enable staff in the delivery of the aims and objectives of the school Food and Fitness Policy.
- Liaising with the Catering Department as necessary.
- Monitoring and implementing national and local initiatives as and when they arise.
- Completing Healthy School Action Plans and Evaluation Forms as part of the Healthy Schools Scheme.

Inclusion

All pupils, regardless of race, gender, culture or disability shall have the opportunities to develop their knowledge and understanding of being healthy in relation to food and fitness. The school promotes equal opportunities.

Provision for Additional Learning Needs

Educating children about being healthy forms part of our school policy to provide a broad and balanced education for all children. Our teachers provide learning opportunities that are matched to the needs of children with learning difficulties. All children will be included in all activities related to food and fitness and teachers will differentiate activities to fit the needs of the children.

Health and safety

Health and safety issues are related very much to cookery completed in lessons and as an extra curricular club. Children should be taught to use items of protective clothing as appropriate and be encouraged to develop safe and tidy work practices. Children should be taught about hygiene and how to use equipment safely and for their purpose. Teachers and pupils should be aware of potentially hazardous materials and tools in relation to their storage and use.

Visitors outside agencies and volunteers used to support and enhance the PSE curriculum e.g. Cooking and Gardening Clubs, are subject to LA guidelines on enhanced DBS checks.

They will also be made aware of all relevant school policies e.g. Health and Safety, Toilet and Strategic Equality Plan.

Whole school action planning identified

Areas that we are actively and consistently undertaking include:

- Staff are effective role models displaying a positive attitude for healthy eating and healthy lifestyles
- Children participate in 'real' whole school decision making – eg School/ Eco Council
- Positive whole school reward system - House Points (although food is never used as a reward or punishment)
- Rewards for good behaviour at lunchtime.
- Fruit Tuck Shop daily managed by the pupils
- Numerous School Events focusing on food and health –After School Cookery Club, cooking during the school day, compost lunchbox challenge.
- Lunchtime provision – introduced salad bar into school to enable children to make informed decisions about the choice of food consumed.
- Our 'Golden table' at lunchtime promotes friendship, positive behaviour and social skills. Lunchtime assistants choose 'pupil of the week' awards
- Children / staff plant vegetables, herbs and fruit bushes in our grounds and pick them to consume or cook.

- Story books are linked to learning focusing on healthy eating and life styles e.g. 'Oliver's Vegetables'.
- Whole school displays focusing on Water/Healthy Eating/ Buddies and Eco Schools activities /events.

Training

Staff training on safety/hygiene - Rules are consistently applied by all staff when undertaking cooking activities. There is a rota for cleaning utensils /gadgets and appliances and food is stored appropriately. PAT testing and legionnaires water testing is regularly carried out and logged.

Catering

Training needs identified and updates disseminated when appropriate

Daily salad bar and vegetarian's option is offered in the school canteen at lunchtime.

Food Hygiene Ratings Scheme

Both our school canteen and After School Club have scored 5 in the ratings scheme. The notice is clearly displayed on the main entrances of the school.

Future areas of development:

- To set up a School Nutrition Action Group (SNAG) and invite participation by Parents, Pupils, Teachers, Governors and the School Cook. The Group will report, using channels such as the School Website and the Annual Governors Report, on the following:
 - Uptake of school meals
 - Marketing plans for promoting meals, hygiene, sustainability
 - Regular questionnaires and tasting opportunities to seek the opinions of pupils in the provision of school meals and tuck shop.
 - Invite parents and the wider community to participate – eg Invitation to sample school meals at lunchtime
- To further development our Physical environment particularly the outdoors.

Dissemination and review

Our work on food and fitness is disseminated and celebrated as widely as possible and in formats appropriate to a range of audiences. These include:

- Pupils via school council, assemblies, classroom debate and canteen.
- Parents through newsletters school websites questionnaires and parents evenings.
- School staff through courses, meetings, memos
- In addition visual displays with correct messages are used around the school to highlight the importance of food and fitness.

This Policy is reviewed by the school's Health and Wellbeing Team on an annual basis or sooner if National and Local Policy or Guidelines are updated.

Appendices

Appendix 1

Healthy Lunchbox leaflet

Letter to parents about healthy lunches

Photos of vegetable plots and curriculum work e.g. carrots, PE, Cookery club etc

Appendix 2

How we implement work on food examples of projects

Key stage 2 - Food for health: Balanced Breakfast

Pupils were set the challenge of design and make a balanced breakfast for two of their peers.

This design and technology task links to science, PSE and the common requirements of communication and IT skills curriculum.

Working in pairs, pupils are asked to brainstorm why breakfast is important. A range of ideas, including:

1. To stop you feeling hungry
2. To help you diet
3. To give you energy
4. To give you vitamins and minerals

The balance of Good Health model was introduced to focus discussion on designing and making an uncooked healthy breakfast. The pupils worked in pairs to design and record their own breakfast plate using at least three foods from different food groups. They discussed and checked their meal with the Balance of Good Health leaflet.

Food safety: using stories to teach food hygiene to 4-5 year olds

An early year's teacher used the story of 'Goldilocks and the Three Bears' to teach food hygiene. After reading the story, an adult using good hygiene practices made three different types of porridge – sweet, salty and chocolate flavoured. Groups of children observed the process and responded to questions. At all times hygiene issues were emphasised to make children more aware of the need for cleanliness.

Tasting took place in small groups with children being encouraged to state which porridge they preferred and why. Each child used three spoons to avoid putting licked spoons back in the porridge. After tasting the porridge children carefully washed up the spoons to reinforce the hygiene issues being introduced. Children then drew their face on a square of paper. The faces were used to make a graph to show which porridge was the most popular.

As part of a focused practical task, pupils:

- Checked their breakfast menu was balanced
- Selected their ingredients from the range supplied by the teacher – cereal, milk, fruit juice, bread, yogurt and fruit.
- Considered the hazards of the tools and equipment to be used.
- Used basic tools and equipment safely and hygienically to prepare their meal and
- Evaluated how balanced their breakfast tasted.

Pupils used ICT and worked in pairs to write a report on what they did and create a class graph using a spreadsheet showing their favourite breakfast items.

Food employment: where does our food come from?

Geography and PSE at KS2

Pupils chose questions to conduct their enquiry into food they asked: 'where does my food come from? 'How is it produced and how does it get to my locality? Do we buy different foods at different times and who decides what we eat and why?

Pupils worked in groups to collect, sort and classify information leaflets. Labels and packaging for a local supermarket. They used atlases and map skills to find out

where the food came from. They discussed why we bought foods from different places at different times of year.