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1 INTRODUCTION

1.1 Aim

It is the aim of the school to assist young people to make informed choices about what they eat and drink. The school aspires to help children improve their health and fitness by adopting a healthy diet. The school aims to work in conjunction with parents to develop a positive attitude towards healthy eating by controlling what children consume on school premises, and at the same time educating pupils on why they should choose certain food over others.

1.2 Document Purpose

This document has been written to inform parents on the school's view on healthy eating. This document highlights what food the school recommends, what items are discouraged and finally what items are banned from school premises at all times.

1.3 Policy Objectives

The objectives of this policy are:

1. To increase parental and pupil knowledge of healthy eating and nutrition.
2. To ensure parents are clear on the food items encouraged by the school.
3. To make the consumption of food enjoyable.
4. To develop a positive attitude towards healthy eating so that parents no longer wish for their children to eat items banned or discouraged and likewise children do not wish to consume such items.
5. To educate parents on what food a well-balanced lunch box would include.
6. To inform parents on what to do if their child has allergies or special dietary requirements.
7. To ensure parents are clear on the food items that are banned in school premises.
8. To discourage the consumption of food and drink which are viewed by nutritionists as unhealthy.

2 HEALTHY EATING

2.1 What is Healthy Eating

Healthy eating means choosing the right food and the right amount from the five main food groups detailed below.

The five food groups and their sources are:

1. Carbohydrates (potatoes, rice, pasta, bread, etc.)
2. Protein (chicken/meat, fish, eggs, lentils, beans, etc.)
3. Fruit and vegetables (bananas, apples, carrots, cauliflower, etc.)
4. Milk and dairy (milk, cheese, yoghurt, dairy alternatives, etc.)
5. Food containing fat and sugar (cakes, crisps, biscuits, fizzy drinks, etc.)

A healthy balanced diet contains a variety of food types from the five food groups mentioned in the proportions mentioned below. This helps reduce the risks of health problems such as heart diseases, strokes, type 2 diabetes and high blood pressure. A healthy balanced diet also helps you to combat obesity, a problem currently on the rise in the UK amongst young children.

The five food groups and their sources are based on the EatWell Plate recommended by the Food Standard Agency.

2.1.1 Eat Well Guide



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland
<https://www.gov.uk/government/publications/the-eatwell-guide>

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The Eatwell Guide shows the different types of foods and drinks we should consume – and in what proportions – to have a healthy, balanced diet.

The Eatwell Guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day
- If consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts.

Further information on healthy eating is available at <https://www.gov.uk/government/publications/the-eatwell-guide>.

2.1.2 Preparing Healthy Meals

According to nutritionists, food should be eaten in its natural form as much as possible. This means fruit and vegetables should be eaten raw if possible without cooking it or adding artificial additives.

If you choose to cook your vegetables then, steaming is preferred over boiling and grilling is preferred over frying. When you fry food, many of its natural goodness are lost. If you must fry your vegetables, then stir frying is far better than deep frying.

2.2 Government's Policy for Schools

The government's healthy eating policy for school lunches (applicable in maintained schools) states that:

"All food in schools must meet nutritional standards so that children have healthy, balanced diets.

This means there must be:

- *high-quality meat, poultry or oily fish*
- *at least 2 portions of fruit and vegetables with every meal*
- *bread, other cereals and potatoes*

There cannot be:

- *fizzy drinks, crisps, chocolate or sweets in school meals and vending machines*
- *more than 2 portions of deep-fried food a week"*

An excellent document on healthy school lunches can be downloaded from <http://media.education.gov.uk/assets/files/pdf/t/the%20complete%20school%20caterers%20guidelines.pdf>

3 AL-NOOR'S HEALTHY LUNCH GUIDELINES

3.1 General Policy

Al-Noor's recommendations are in line with the government's healthy eating guidelines and what nutritionists in general recommend children should eat on a day to day basis. Based on the Food Standard Agency's eat well plate, we therefore strongly recommend food are consumed in their raw natural form (fresh fruit and vegetables) where possible or cooked (steamed, boiled and grilled) in a way that the foods retain their goodness as much as possible.

We also encourage food low in salt content, sugar and artificial colouring and flavouring.

3.2 Banned Items

The following items are banned:

- Sweets in any form
- Chocolate bars
- Crisps or anything resembling crisps, whether made from potato or anything else
- Baked crisps
- Fried food, e.g. samosas
- Hot food (that is handed in at lunchtime- food flasks are suitable)
- Fruit winders (high sugar content!)
- Fizzy drinks
- Sesame seeds or food containing them e.g. burger buns, hummus
- Nuts or food containing nuts e.g. peanut butter and Nutella
- Products that contain chocolate for main lunch*

*The school does not allow chocolate based items including chocolate spread sandwiches. However, if parents wish to send a sweet side dish / snack where chocolate is a by-product (e.g. cookies with chocolate chips), then this is acceptable, although discouraged. Examples of non-chocolate based sweet snacks are provided in Appendix B to assist those parents struggling for ideas.

3.2.1 No Nuts and Seeds at Al-Noor

Any type of nuts, seeds and food containing these items, even in very small quantity is strictly banned from the school. We would appreciate your co-operation with this policy in the strictest manner. If your child eats food containing nuts and seeds for breakfast, please do ensure that they wash their hands thoroughly before being sent to school.

Please understand that we have children with nut and sesame seed allergy in the school and in some cases allergies can be so severe that a child will react to traces of nuts just by being in the same room.

3.3 Recommended Lunch Box

Growing kids need plenty of starchy foods to fill them up and give them energy. Nutritious meals packed with fibre, protein, carbohydrate and vitamins will also help your child's growing bones and give them a healthy dose of brain power for the afternoon ahead. These along with fruit and/or vegetables should form the main part of your child's lunch.

The school recommends a well-balanced lunch box each day. One item from each of these categories could be considered as a well-balanced lunchbox:

- Tummy fillers (high in carbohydrate and non-dairy protein)
- Five a day options (at least 2 portions of fruit and vegetables)
- Good for growing bones (high in calcium and vitamin D)
- Thirst-quenchers (drinks)
- Side dish (non-dairy protein or another portion of fresh fruit / vegetable)

The school has its own guidelines for each of the above categories which must be adhered to as detailed below. One week's sample lunch box is also provided in Appendix B.

3.3.1 Tummy fillers

It is the school's policy that all children's main lunch item, which we regard as the tummy filler should be **savoury**. It should be high in carbohydrate and non-dairy protein, free from artificial sugars and of course free from the banned items.

Examples:

- Bread
- Chapatti
- Rice
- Pasta
- Couscous

The school highly recommends these items are served with non-dairy food high in protein such as chicken, fish and vegetables. For more information on how these items can be served taking healthy approaches, please see Appendix A and Appendix C.

3.3.2 Five-a-day options

Nutritionists recommend 5 portions of fruit / vegetables daily and Al-Noor encourages pupils to consume **at least 2 portions** in school; one portion at snack time and one portion at lunch time. For more information on five-a-day options, please refer to Appendix A.

3.3.3 Good for growing bones

These are food high in calcium and vitamin D. Dairy products such as cheese, yoghurt, milk are all examples of items high in calcium. The school does not have restrictions on calcium based items, providing that they are free from banned ingredients. For more information on food high in calcium and vitamin D, please refer to Appendix A.

3.3.4 Side Item / Snack

Many people like to have a side dish or snack with / after their main dish. Depending on a child's appetite a side dish might also be necessary in some cases. It is up to parents to decide how much food their child needs and hence whether to send an additional snack on top of the tummy fillers. Due to the number of children wasting food, we strongly encourage parents to monitor whether their children are eating all their lunch, and send side items only if it is required.

We encourage non-dairy side items that are high in protein or another portion of fruit or vegetable.

The side items also need to be free from nuts and seeds and it cannot be an item banned by the school as detailed in section 3.2.

Examples of snacks are provided in Appendix A.

3.3.5 Thirst Quenchers

A drink should be provided in the lunch box. This can be:

- Water
- Milk (whole, semi-skimmed, goats or soya)
- Fruit milkshake
- Pure fruit juice or smoothie - preferably diluted.
- Well diluted fruit squash

3.3.5.1 Additional Notes

Depending on the age and appetite of your children, the amount of food in each lunchbox will vary.

If required, it is recommended that you fill the lunchbox with additional items from the 'Five-a-day' and 'Good for growing bones' categories.

Water intake is vital to a healthy body, so if the child has milk during break time, water or diluted juice will be more beneficial with lunch.

3.4 Hot Food in Flasks and Containers

The school allows hot food freshly prepared in the morning to be sent in flasks or containers.

Please note, we encourage parents to send food that are freshly prepared in the morning as reheated food can lead to food poisoning if it is not heated properly to the right temperature.

For further information and ideas on hot food that can be quickly prepared in the morning please refer to Appendix A, and for recipe ideas please refer to Appendix C.

3.5 Special Dietary Requirements

If your child has any special dietary requirements or suffers from any medical condition that requires him to consume food on the banned list, please contact the school directly. A meeting will usually be arranged between the parents and the school to discuss the matter further in order to find an appropriate solution. In certain cases we may also require medical notes from GPs and other specialists.

APPENDIX A: EXAMPLES OF LUNCH ITEMS

Tummy Fillers (high in carbohydrate)

Sandwich Fillings / Toppings

Meat fillings:

- Chicken tikka
- Chicken and cheese
- Leftover cold meats (chicken, turkey, etc) with salad

Fish fillings:

- Tuna mayo & sweet corn
- Salmon and cucumber
- Fish fingers

Vegetable fillings:

- Quorn slices and salad
- vegetarian sausage
- vegetarian pate with cucumber

Dairy fillings:

- Grated cheese
- Cheese spread
- Cream cheese
- Cheese and grated carrot with a little mayo
- Cheese and coleslaw
- Egg salad /egg mayo
- Cheese and pickle

Hot Food Flasks

- Chicken / veg wraps
- Cheese and potato wraps
- Pasta and cheese sauce
- Spaghetti bolognaise
- Boiled rice and chicken / meat / veg
- Rosti cake
- Puffed pastry with cheese and vegetable filling
- Couscous and roasted veg / chicken / meat
- Noodles and meat / chicken / veg
- Pasta and chicken / meat / veg
- Soup and bread roll
- Baked beans and cheese
- Tinned spaghetti and cheese

Salads

- Pasta salad
- Cold rice/ couscous salad
- Potato salad
- Tuna salad
- Cheese salad with cucumber, carrots
- Egg salad

Other ideas

- Quiche
- Frittata,

Baked / grilled items

- Pasty
- Pizza
- Chicken nugget
- Chicken drumstick
- Chicken strip – peri peri / spicy and dip
- Fish cake or potato cake
- Fish / vegetable finger
- Baked potato with fillings

Five a day (fruit / veg options)

- A small pot or bag of:
 - raisins, sultanas, apricots, berries etc,
 - ready to eat dried fruit,
 - dates or prunes.
- Whole fruit:
 - satsuma, clementine, orange,
 - banana, pear, peach, nectarine,
 - grapes, strawberries, pomegranate,
 - melon, kiwi, plum, apple.
 - cherries, raspberries, blueberries
- Fruit salad pot – any combination of prepared fruit
- Fruit salad, crumbled meringue and cream
- Fruit jelly made with fruit pieces and pure fruit juice.
- Tinned fruit pot:
 - mandarin, pineapple, peach, pear, mango, lychees
 - mixed fruit salad
- Salad pot:
 - cucumber sticks, carrot sticks, pepper, celery sticks and dip
 - cherry tomatoes, lettuce, mange tout,
 - Sweet corn, coleslaw.
 - mixture of cucumber, carrots, radish, cherry tomatoes with touch of lemon juice and olive oil

Good for growing bones (calcium and vitamin D)

- Fruit yogurt, fromage frais, Greek or natural yogurt.
- Fruit smoothie.
- Cubes of cheese, cheese strings, pre-packed lunchbox sized cheese portion, cottage cheese with pineapple.
- Dips: raita, cream cheese and plain yogurt.
- Cheese triangle spread.
- Dunkers
- Rice pudding
- Custard
- Yoghurt drink – e.g. Munch Bunch

Snacks

Savoury options high in protein:

- Hard boiled eggs
- Scotch / savoury egg falafel etc.
- Grilled chicken cubes
- Boiled chickpeas
- Grilled fish cake

Fruit and veg options

- Boiled mixed vegetables
- Grilled peppers
- Grilled courgettes
- Small piece of corn on cob
- Carrots and cucumbers
- Fresh fruit (whole or pieces)
- Mixed fruit salad
- Fruit smoothie

Other options

- Crackers, crisp bread, rice cakes,
- Cheesy biscuits, bread sticks,
- Nut-free Bombay mix
- Small bread roll
- Croissant
- Hot cross bun

Sweet options*

- Vanilla cupcake or small piece of fruit cake
- Biscuit, cookie or shortbread,
- Flapjack
- Jam tart,
- Cereal bar or fig bar
- Dry cereal
- Fruit trifle
- Jelly
- Fruit flakes or fruit bar (shop bought snack)
- Popcorn with raisin, sultana, berry, cranberry mix etc
- Brioche / croissant
- Fruit bread/ jam and bread/ honey and bread
- Fruit with small amount cream poured on top

*If you wish to send snacks, we recommend that you choose items that are high in protein or some fruit and vegetables. We advise against regular sweet (non-fruit) items every day. We suggest these items are not sent more than once or twice a week.

Please note these are just examples, you may have your own ideas and recipes. If you are unsure of whether an item is acceptable to the school, please do not hesitate to contact the healthy eating committee.

Thirst Quenchers

- Water
- Milk (whole, semi-skimmed, goats or soya)
- Milkshake
- Pure fruit juice or smoothie - preferably diluted.
- Well diluted high-juice squash
- Yoghurt drink

APPENDIX B: ONE WEEK'S SAMPLE LUNCH BOX

MONDAY

- Chicken wrap
- Apple
- Cheese cubes
- Grilled peppers
- Bottle of water

TUESDAY

- Chicken and rice
- Boiled cauliflower
- Yogurt
- Dates
- Diluted juice

WEDNESDAY

- Whole meal cheese and cucumber sandwich
- Cubed melon
- Yoghurt drink
- Popcorn with mixed raisins, sultanas, cranberries
- Water

THURSDAY

- Couscous with steamed chicken and chickpeas
- Tinned fruit in juice
- Cucumber and carrots
- Fig bar
- Water

FRIDAY

- Pasta in tomato sauce
- Boiled egg
- Fruit smoothie
- Crackers
- Milk

General note: Depending on the age and appetite of your children, the amount of food in each lunchbox will vary. It is up to parents to decide how much food and hence how many items they should send in their child's lunch box. Please be sensible with portions and number of items to reduce food wastage.

APPENDIX C: RECIPE IDEAS

Some of the lunch box suggestions in this booklet are easy to make and can be prepared in under 20 minutes such as:

- Sandwiches, rolls,
- Pitta pockets, chapattis
- Bagels, brioche, pikelets
- Croissants, toasties
- Malt loaf, hot cross buns
- Pasta & cheese
- Soup & bread roll
- Baked beans & cheese
- Tinned spaghetti & cheese
- Readymade quiche
- Baked samosas
- Pasties
- pizza
- Chicken nuggets
- Fish cakes / potato cakes
- Fish / vegetable fingers
- Cheese burgers
- Rolled omelette

Other meals will require a little more preparation. The following pages contain some recipe suggestions for the foods that require a small amount of preparation.

Please note that many meals, including many sandwiches, can be prepared and frozen, and then heated thoroughly on the morning of serving. In the case of sandwiches and rolls, they can be put into the lunchbox frozen and by lunch time they will be fully defrosted and taste freshly made.

FRITATA

Makes: 1 frittata (2 child servings)

Preparation Time: 10min

Cooking Time: 20min

Ingredients

- Oil
- 50g courgettes, roughly chopped
- 50g mushrooms, roughly chopped
- eggs, beaten
- Salt and pepper to taste
- 50g cheese, grated

Courgettes and mushrooms can be substituted by any vegetable or even pasta. Why not try:

- Peppers and onion
- Leek and potato
- Pasta and tomato

Directions

1. Turn on grill in the oven.
2. Heat oil in a small frying pan, and then add the courgettes and mushrooms. Cook for about 5 minutes, until courgettes begin to soften.
3. Combine beaten eggs with salt, pepper and grated cheese.
4. Pour over courgettes and mushrooms and tip frying pan, allowing the egg to cover the entire surface. Cook on a medium heat for 5 minutes.
5. When starting to brown underneath, place under grill for a further 5 minutes, till set in the centre.

CHEESY PASTA

Makes: 2 child portions

Ingredients

- 15g butter
- 15g flour
- 150 ml milk
- 80-100g any medium / strong cheese
- 50g pasta
- Salt and pepper to taste

Optional extras

- 40g finely chopped leeks

Directions

- 1 Cook pasta as usual, drain.
- 2 Melt the butter in a pan, stir in the flour and cook for one minute.
- 3 Gradually add the milk, then the leeks (optional) and stir over a low heat for 5 to 6 minutes.
- 4 Reduce the heat, stir in the cheese until melted.
- 5 Season with (salt and) pepper.
- 6 Stir the pasta in and serve.

QUESADILLAS

Makes 4

Ingredients

- tbsp vegetable oil
- onions, finely sliced
- garlic cloves, finely chopped
- red chillies, seeds removed, finely chopped
- 1 ½ - 2 red peppers, finely sliced
- limes or 1 lemon, juice only
- ½ bunch fresh coriander, finely chopped
- wheat or corn tortillas
- 400g/14¼oz cheddar, grated

Optional extras

- 100g – 150g shredded cooked chicken
- 100g – 150g cooked minced meat

Directions

- 1 Heat the oil in a pan. Add the onions, garlic and red chilli. Fry over a medium heat for about five minutes, or until the onions have softened and have coloured slightly.
- 2 Add meat or chicken, if using, and cook for 2 minutes.
- 3 Add the red peppers and heat through for another five minutes. Remove from the heat and add the lime / lemon juice and fresh coriander.

- 4 Place the tortillas one by one into a separate non-stick pan without any oil, over a medium heat. Place a quarter of the pepper mixture onto one half of each of the tortillas. Top each tortilla with a quarter of the cheese. Fold one half of the tortilla over the other and heat through on both sides until the tortilla is golden-brown and the cheese has melted.

ROSTI CAKES

Serves approximately 6 children

Ingredients

- 450g potatoes, peeled and halved
- medium carrots, halved lengthways
- 250g parsnip, peppers or swede cut into chunks
- 250g courgettes, grated
- spring onions
- 2 level tablespoons plain flour
- 1 egg, lightly beaten
- Oil
- Salt and ground black pepper

Directions

- 1 Part boil the potatoes with the carrot, parsnips or swede for 10 minutes, then drain them and leave to cool.
- 2 Preheat the oven to 190C/170C fan/gas 5.
- 3 Coarsely grate the par-cooked vegetables into a large bowl and stir in the grated courgettes, spring onions, flour and egg, then add seasoning to taste.
- 4 Place a baking sheet with a little oil in the oven for 5 minutes to warm through.
- 5 Scatter the potato over the tin, trying not to pack it down, then dot all over the top with butter.
- 6 One large rosti cake or smaller individual rosti cakes can be made.
- 7 Bake in the oven for 45 minutes to 1 hr 20 minutes (depending on the size of the rosti cakes) until the potatoes are cooked through and crisp on top.

Document Information

Revision History

Revision No	Date	Comment	Author
1.0	15 th July 2013	Initial draft	Al-Noor Healthy Lunch Parents' Working Group
1.1	13 th November 2013	Changes following feedback	
1.2	28 th April 2014	Changes following feedback and proof reading	
1.3	23 rd May 2014	Final draft	
1.4	10/01/17	Eatwell Plate removed and Eatwell Guide inserted	S.Butt

Intended Audience

This document is intended for the staff, trustees, parents and pupils of Al-Noor Primary School.

Contact

If you have questions regarding the content of this document please contact Al-Noor Primary School.

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