

NUTRITION POLICY

Date Policy Reviewed	January 2026 (update)		
Date of Next Review	October 2026		
Person(s) Responsible for Review:	Owner:	Approver:	Board Approval:
	DHP	DFO	n/a
Related Policies	EYFS Food and Nutrition Pupils' Special Dietary Requirements Catering and Food Hygiene		

Food and nutrition play a vital part in the understanding of the importance of healthy eating, ensuring the children are appropriately fuelled for learning and playing, as well as lunch times offering a key time for the development of the children's social skills. At The Manor, we want to support the children in developing their curiosity when eating, taking enjoyment from trying new foods and eating a broad and varied diet, as well as being engaged, critical thinkers when eating to ensure they can make informed, perceptive choices both now and in the future.

We ensure that:

1. All meals and snacks provided by the school are healthy, balanced and nutritious. They avoid large quantities of fat, salt, additives, preservatives and colourings, wherever possible. Menus set consider guidance relevant to the health and wellbeing of children, including:
 - DfE School Food Standards documents - <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>
 - The Eatwell Guide- <https://www.gov.uk/government/publications/the-eatwell-guide>
 - EYFS Guidance - https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf, although some flexibility for Years R-6 will be retained.
2. Recipes and menu design optimise the use of natural sugars and limit the routine addition of refined sugars where possible.
3. Nutritional policy is set in conjunction with Holroyd Howe, the school's outsourced catering provider, with menu designs being reviewed by their specialist nutritionist, and the SLT at The Manor.
4. Holroyd Howe routinely implements initiatives to help boost the health benefits of recipes being used at The Manor, such as increasing the use of beans and pulses, increasing the amount of wholewheat being used in recipes, removing

the use of processed meat alternatives. The school also benefits from high level support in terms of training for catering staff, to continually improve the quality of provision.

5. All main meals, soups, snacks and desserts are made on site using fresh ingredients, unless exceptional circumstances prevent this being possible.
6. Holroyd Howe development chefs work on providing the school with new recipe ideas to add variety to the menus and ensure recipes are as appropriate and healthy as possible, whilst still being ambitious and tasty.
7. Careful consideration is given to the provenance of ingredients used to optimise high quality, ethically sourced and environmentally friendly ingredients, wherever possible. For instance, all meat is high welfare, items used are Red Tractor branded, the school is part of the Waste Knot scheme, flour is produced using regeneratively farmed wheat.
8. Food representing a range of cultures is offered to ensure that every child is considered and that all children have the opportunity to try new foods.
9. The dietary requirements of different cultures, religions and preferences are respected, understood and met appropriately.
10. We display the menus of meals/snacks for the information of parents.
11. Menus are published on the school website.
12. Menus are planned in advance and we take note of which particular foods the children enjoy and change the school menus accordingly. School Council routinely participates in Food Council meetings to try new recipes and feedback on what is preferred by their peers.
13. When a main meal is offered, it will reflect 'The Eatwell Guide'. A balanced plate of:
 - Proteins
 - Starchy Carbohydrates
 - Fruit and Vegetables
 - Dairy and/or Dairy Alternatives
All dairy provided is pasteurised
 - Oils and Spreads.
14. During Lunch service and where applicable, Tea, Teaching Staff will dine with the children to support, supervise and socialise with them.
15. We use meal and snack times to encourage children to develop independence through making choices, serving food and drink and feeding themselves.

16. We provide children with utensils which are appropriate for their ages and stages of development.
17. Fresh drinking water is always available and children are expected to bring in their own named water bottle for use around the school site. It is the responsibility of the parents to ensure the bottles are cleaned and re-filled.
18. Food hygiene matters are included in induction training for new staff, with regular refresher courses, as appropriate to individual roles.
19. Qualified cooks prepare food on site every day for all children. All children are encouraged to eat the main hot meal for lunch but alternatives, such as jacket potatoes, freshly-made soup, and a well-stocked salad bar, are available. Yoghurt and fresh fruit are also readily available as an alternative to the main pudding. As above, staff sit with the children to encourage good manners, conversation and healthy eating.
20. We are registered with the local authority's environmental health department.
21. The school provides morning and afternoon snacks for all children. These are of an appropriate portion size not excessively high in fat or sugar.
22. Themed days and special events, such as Birthday Break or the taking of a packed lunch, may see usual menu options and nutritional guidance deviated from for odd occasions. Discussion around this helps the children recognise the importance of balance in their diet and that no food is seen as 'bad' or 'banned' but that moderation is important to lead a healthy lifestyle.

Special Dietary Requirements

Within school, we cater to an array of pupils' special dietary requirements carefully, respectfully and consistently.

Please see The Manor's separate 'Pupils' Special Dietary Requirements Policy'.

Food and Nutrition Education

Education relating to food and nutrition forms a key part of our responsibility to the broad development of the children and their independence. Integral to this is our planning and delivery of all educational elements linked to food and nutrition at the school.

Whilst some of these sit within the formal curriculum and are delivered through lessons, such as Science and Food Technology, we are entirely committed to ensuring the hidden curriculum at the school promotes messaging, knowledge and understanding that helps further development.



Through everyday discussions, food preparation activities, and growing experiences where possible, children are introduced to where food comes from, supporting respect for food, the environment, and the wider world, and understanding how to make healthy, informed choices.

We recognise the importance of supporting children to develop an early understanding of sustainability and care for the environment. Wherever possible, we take steps to minimise food waste through careful menu planning, appropriate portioning, and encouraging children to listen to their hunger cues. Children are supported to take part in recycling and composting practices appropriate to the setting, helping them understand the impact of waste in a practical and meaningful way.

Our aim is for the children to be adventurous and curious when it comes to their diet, making informed decisions that lead to them making healthy, well-balanced choices whilst enjoying food.

Food and Nutrition Education



Meal Times

- Diverse, well balanced menus
- Delicious, healthy snacks
- Themed days and tasting stations
- Family style meal times ensuring each child is well fed, table manners are developed and conversation is valued
- Holroyd Howe initiatives such as 'Beans is How', 'Gut-ober' and 'Power Plate', to name but a few
- Ingredient posters educating the children on our recipes vs shop bought products
- Social media promotion sharing food experiences in school and recipes
- Promotion of responsible eating such as regenerative farming and rescuing surplus produce
- Locally and regionally sourced produce

- Science**
- Food groups
 - How plants/food grows

- Geography**
- Farming around the world, including Fairtrade
 - Food from around the world

- Forest School**
- Cooking on the campfire
 - Plant growth and foraging



Extra-Curricular

- Visits from Holroyd Howe specialists such as their nutritionist in assembly
- Form Time and Learning for Life activities promoting healthy living
- Clubs such as Cookery, Gardening and The Green Team
- The Green Team projects on food waste
- Greenhouse and allotment for growing vegetables and plants
- Plans to introduce beehives and a polytunnel
- Introduction of annual visits to a regenerative farm
- Learning linked to our celebration of Harvest
- Wide range of relevant trips such as to the Earth Trust and Living Rainforest



Curriculum

Lessons

Food Technology

- Critical thinking
- Handling of real ingredients
- High quality discussion re provenance of food and ingredients
- Practical methodology
- Development of knife skills
- Relatable knowledge and understanding of kitchen equipment and its use
- Understanding of food processes including farming, animal welfare and affordability
- Health and wellbeing implications
- Consideration and knowledge of allergies
- Cross-curricular links