

## Food and Eating

Whole school approach to food and nutrition, which promotes the importance of healthier eating.

### Criterion Six

School	Please indicate progress to date and/or target area to be addressed			
<p><b>1a. Does your school have a school nutrition action group?</b></p>	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
<p><b>1b. Is there a school policy that lays out strategies for encouraging healthy eating?</b></p>	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
<p><b>1c. How often is it renewed?</b></p>				
<p><b>1d. Who is consulted on the development of activities to encourage healthier eating?</b></p>				
<p><b>1d. How effective are your strategies?</b> (1 – have little effect; 4 – very effective)</p>	1	2	3	4
<p>Please provide evidence to support your judgement</p>				
<p><b>1f. How is the strategy linked to the curriculum?</b></p>				
<p><b>2. How do the school initiatives and curriculum work reflect the current national guidelines on healthy eating?</b></p> <p>(In line with the minimal Government nutritional standards 2000)</p>				

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<p><b>3. How well does the school promote the importance of oral health?</b> (1 – poorly; 4 – very well)</p> <p>Please give evidence to support your judgement</p> <p>Give examples of how your school promotes oral health both within and outside of the curriculum.</p>	<p style="text-align: center;"><b>1      2      3      4</b></p>
<p><b>4. How does the school promote healthier eating, linked to activity, fitness, self-perception and self-esteem?</b> i.e. Information and discussion about self image and media pressures</p>	
<p><b>5a. Is there a whole school understanding of safe handling of food?</b></p> <p>How is this demonstrated? i.e. Stickers about washing hands. Link to curriculum input.</p> <p><b>5b. Do children have practical experience in handling food safely?</b></p> <p>Where is this evident?</p>	<p>Yes <input type="checkbox"/>      No <input type="checkbox"/></p>  <p>Yes <input type="checkbox"/>      No <input type="checkbox"/></p>

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<p><b>6a. What facilities do you provide for the safe storage of packed lunches?</b></p> <p><b>6b. What opportunities are provided for parents/carers to be involved in identifying low risk food for packed lunch provision?</b></p>	
<p><b>7. Has the school developed a policy to reduce the use of carbonated, high sugar and caffeinated drinks on its premises?</b></p> <p>Yes <input type="checkbox"/> No <input type="checkbox"/></p>	
<p><b>8. In line with the school's protocol and practices around attractive sources of fresh drinking water:</b></p> <p><b>8a. How does the school promote the wider health benefits of increasing water consumption?</b></p> <p><b>8b. How does the school identify barriers to the increased consumption of water by young people?</b> i.e. Barriers might include site of water access. Staff perception on lack of parental support.</p> <p><b>8c. How are you addressing those barriers?</b></p>	

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<p><b>9a. What opportunities are available for pupils/students and staff to explore different lunchtime menus and effect change?</b></p> <p><b>9b. Is Healthy Eating on the agenda for your School Council?</b></p>	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
<p><b>10a. Does the food and drink provided by the school support the message the school is trying to give in relation to healthy eating and drinking?</b></p> <p><b>10b. Are ways being explored to close any gaps between message and provision?</b></p>	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
<p><b>11a. Does the school's curriculum highlight the relationship between poor eating habits and illness such as diabetes?</b></p> <p><b>11b. In delivering its curriculum does the school give pupils the tools to understand our society's attitude to size and body image?</b></p> <p><b>11c. Does the curriculum address the issues of eating disorders and what help and support might be available?</b></p> <p><b>11d. Does the curriculum address the issue of 'diet' and 'weight loss' as a feature of our society?</b></p>	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>