



MANCHESTER  
MUSLIM  
PREPARATORY  
SCHOOL

FAITH • LEARNING • LIFE

# Whole School Food Policy

THIS SCHOOL IS

# NUT FREE



**THANK YOU**

For keeping our school safe

## Document Control

<b>This policy has been approved for operation within</b>	<b>Manchester Muslim Preparatory School</b>
<b>Date of last review</b>	September 2025
<b>Date of next review</b>	September 2026
<b>Review period</b>	Yearly
<b>Owner</b>	MMPS

**“Eat of the good things which we have provided for you.”(Quran 2:1.72) “Eat of what is lawful and wholesome on the earth.”(Quran 2:168)**

**To be read in conjunction with policy for Health and Safety.**

## **Overview**

We believe that proper nutrition and fluid intake is essential to all members of the school community if they are to fulfil their potential and make constructive use of the school day. Proper nutrition is essential for good health and effective teaching and learning. As a school we play a central role in establishing and maintaining lifelong healthy and environmentally sustainable eating and drinking habits.

## **Aims**

- To further develop and maintain an ethos in which a healthy choice is the easy choice
- To provide cross-curricular education that enables pupils to make an informed choice
- To involve the whole community in developing and maintaining healthy eating and drinking habits
- To provide a pleasant and sociable dining experience which enhances the social development of all pupils
- To encourage pupils to choose and enjoy foods that are rich in essential vitamins and minerals
- To encourage all pupils to have a balanced diet and to understand the benefits of such
- To ensure regular and sufficient fluid intake throughout the working day in order to keep pupils hydrated and alert
- To encourage pupils to choose and enjoy drinks that are hydrating and nutritious and low in sugars and fats
- To recognise and accommodate differing dietary requirements
- To ensure high standards of hygiene amongst the pupils
- To develop healthy eating and drinking habits that will be carried on through all steps of life
- To inform pupils about the use of fresh, local and sustainable ingredients

## **Consultation Process**

The policy has been developed in consultation with:

- Our catering contractors
- Senior leadership team
- Senior Lunchtime staff
- Pupils

This policy will cover the following:

- Snack time
- School meals
- Packed Lunches
- Breakfast Club
- Food provided at the school, other than meals
- Healthy eating, as part of the curriculum

### **Snack time**

Snacks can play an important part of the diet of children and can contribute positively towards a balanced diet. Snacks provide an opportunity to have 1 of your 5-a-day.

Pupils are encouraged to bring a piece of fruit and water is always available in the classrooms and dining room.

### **Packed Lunches**

We encourage parents to provide healthy well-balanced packed lunches.

For children aged 5 years and above preparing a healthy well-balanced child's lunchbox, includes:

- Starchy foods – these are bread, rice, potatoes, pasta etc
- Protein foods – including beans, pulses, eggs, fish, poultry and meat
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A healthy drink such as water or semi-skimmed milk

Pupils eating packed lunches sit alongside their peers in the dinner hall and are encouraged in the same way to eat what has been provided for them and not waste food. They should not be throwing away uneaten items at school so parents are aware of what their child has consumed at school. Lunchtime supervisors and other staff on duty are encouraged to express any concerns they may have regarding any pupils that consistently bring unsuitable options in their packed lunches. Teachers will then follow up with parents and monitor situations as necessary.

Every Tuesday and Thursday is a fruit and yoghurt dessert day. On these days all pupils must only bring in fruit or yoghurt for their dessert.

No chocolate bars, fizzy drinks or cordials are allowed.

### **School Lunches**

It is our aim to provide a stimulating, yet relaxing, environment for pupils to eat their lunches, the tables and serving area are set up so that pupils can enter, choose their food, eat, and then exit in an organised manner.

School lunches are provided by **Payal Catering** and are planned to offer a range of healthy, good-quality ingredients. The lunchtime manager regularly monitors pupil feedback and identifies meals that are less popular. Any concerns are discussed with the Senior Leadership Team (SLT), who will liaise with the caterers to review and adjust the menu as needed.

Each day, pupils are offered:

- A **main meal**, which may include meat or fish
- A **vegetarian option** (a baked potato with a choice of fillings is available daily)
- A selection of **fresh vegetables or salad**, such as cucumber sticks, carrot sticks, or mixed salad

On **Tuesdays and Thursdays**, the school operates a **healthy dessert day**, where **fruit salad** is the only dessert option.

Our approach ensures that meals are nutritionally balanced, pupil preferences are considered, and healthy choices are promoted throughout the week.

### **Breakfast Club**

Breakfast club runs daily from 7.30am-8.15am, with breakfast being served from 7.30am-8.00am. Breakfast consists of low sugar cereals or toast (wholemeal and 50/50) and milk.

### **Allergies**

Before pupils start school/nursery, parents complete information forms, which include questions on dietary requirements and food allergies. If a parent informs us that their child has an allergy to certain foods we discuss this with them and ask for medical confirmation of the allergies.

**We are STRICTLY a nut free school. Nuts or any food containing nuts are not permitted on school premises.**

Parents of pupils who have allergies to any products, or who have special dietary requirements, are asked to make this clear in the medical questionnaire which they complete when their child enters the school. They should inform the school at once if their son or daughter subsequently develops an intolerance of any food. If they have school meals the caterers will be informed and will where possible provide a suitable alternative.

### **Access to drinking water**

Pupils and staff have access to drinking water at all times throughout the day. Water and cups are always available at meal-times. Staff remind pupils of the importance of drinking enough at snack-times and at meal-times and encourage pupils to have a drink after exercise or on a warm day. In addition, all pupils have access to their own drinking bottle throughout the day.

### **Obesity**

Nationally, obesity is rising. The Department of Health has set clear priorities to reduce dietary intake of fat, salt and sugar, increase fruit and vegetable consumption and tackle obesity. We encourage children to try different vegetables and fruit at meal-times. We also encourage the

pupils to be active outside, whatever the weather, incorporate weekly swimming lessons for Year 3 and Year 4.

### **Roles and Responsibilities**

- The Head Teacher has overall responsibility for monitoring the Healthy Eating and Drinking Policy and its implementation. The Head Teacher will ensure that the Healthy Eating and Drinking Policy is regularly reviewed and implemented effectively.
- All staff will be responsible for monitoring pupils eating and drinking habits throughout the school day and liaising with parents about any concerns.
- Staff will supervise pupils during snack and meal times in order to provide a good role model, encourage good manners and stimulate conversation and social interactions.

### **Celebrations and school events (not including birthdays)**

The policy does not apply at parties and other celebrations or at fund-raising events. However, pupils with any allergies should be catered for according to their needs and healthy food and drink options should be available.

### **Food Across the Curriculum**

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as preparing and cooking food.

It is essential that nutrition education is embedded in the curriculum and there is consistency across different subjects- Science, PSHE, PE, DT and that it remains consistent with the whole school food policy.

Some year groups, will complete a cookery unit – which is part of the DT curriculum - which will always include aspects of health and nutrition. In PSHE children learn about a healthy diet. In PE the children look at how to stay healthy and the importance of a healthy life style. They move onto looking at how food plays an active part in this. In Science children look at the different food groups and the amounts of each we need to eat.

## **Early years food choking hazards**

Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

<b>Vegetable and fruits</b>	<b>Advice</b>
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Large fruits and firm fruits Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily. Cooking fruit and vegetables Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.
<b>Meat and fish</b>	<b>Advice</b>
Sausages and hot dogs	Sausages and hot dogs Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be
Meat or fish	Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat.
<b>Cheese</b>	<b>Advice</b>
Grate or cut cheese	Grate or cut cheese Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible
<b>Nuts</b>	<b>Advice</b>
<b>Bread</b>	<b>Advice</b>
White bread and other breads	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips

Snacks and other foods	Advice
Popcorn	Do not give babies and young children popcorn.
Chewing gum and marshmallows	Do not give babies and young children chewing gum or marshmallows
Peanut butter	Peanut butter Do not give babies and young children peanut butter on its own, only use as a spread
Jelly cubes	Jelly cubes Do not give babies and young children raw jelly cubes.
Boiled sweets and ice cubes	Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes
Raisins and other dried fruits	Do not give babies under the age of 1 whole raisins or dried fruits. Cut them into small pieces

Make sure food is prepared appropriately for children under 5 years old, see:

<https://www.nhs.uk/start4life/weaning/>

It is also advisable that care givers are familiar with how to respond to a choking incident, see: How to stop a child from choking: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>

and How to resuscitate a child: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-child>