

KEMBLE PRIMARY & SIDINGTON CE PRIMARY SCHOOLS



FOOD & COOKING POLICY

Member of staff responsible	Carol Dougill
Governor responsible	
Sub-Committee responsible	Standards & Performance
Date agreed with staff	4.1.16
Date discussed with pupils	-
Parent group discussions	-
Date agreed at Sub-Committee	13.1.16
Date approved at Governing Body	20.1.16
Frequency of policy review	3 yearly
Date next review due	Jan 19
Statutory Policy	No
Review Level	

Document Version Control

Issue Number	Issue Date	Summary of changes
1.1	Jan 16	New policy

Kemble & Siddington Primary Schools

Food & Cooking Policy

"The decline in people's ability to cook over the past generation has been broadcast far and wide. The British now eat more "ready meals" than the rest of Europe combined and it is no exaggeration to say that cooking is becoming a forgotten skill for most people under the age of 30." (School Food Matters 2014)

FACT 1 - Being able to cook means you have more control over what you are putting into your body. Britain is only second to America when it comes to an overweight population, but research shows that people who cook are generally healthier than those who don't. We want our children to lead long, healthy lives.

FACT 2 - Children who cook are more likely to report that they like cooking "a lot" as well as showing increased willingness to try new foods. Learning how to cook at school also shows a transfer of benefits in the home, with children being more ready to help in the kitchen.

FACT 3 - Children who attend schools with well-developed food education programmes (cooking and growing) exhibit better knowledge about making healthy food choices (60% versus 36%), better attitudes about food (42% versus 19%) and improved eating habits (35% versus 16%)

OUR AIMS - It is our aim that when children leave our schools in Year 6 that they have a secure understanding of:

- ✓ what constitutes a healthy diet
- ✓ the main food groups
- ✓ basic cooking skills
- ✓ where food comes from
- ✓ basic gardening

ORGANISATION -

In Kemble each class is divided into 4 groups and each group will cook in turn. We have allocated an hour slot, once per week for cooking. A garden club will run during the spring and summer terms, and teachers can plan gardening and growing food when suitable to fit in with topic work. Part of the cookery lessons include where food comes from, the basic food groups, discussions about healthy food and living and health & safety in the kitchen.

We have employed a member of staff who undertakes food and cooking planning and this links to our forest school program. She is assisted by our school TAs.

In Siddington we are currently planning & developing a forest school and garden area. We aim to have all up and running by September 2016. In the interim period teachers and TAs incorporate cooking into topics and we run a cookery club in the spring terms.