

Gateshead Schools Healthy Eating Award



Gateshead recognises
all people eating sensibly






Gateshead Schools Healthy Eating Award



Everyone deserves the best start in life. Skills and attitudes we learn and practice whilst at school stay with us for life. The school environment, therefore, has an enormous influence over our health in every sense. National strategies such as Our Healthier Nation, the National Healthy School Standard, the government's National Nutritional Standards for School Lunches, Gateshead's Obesity Strategy and other initiatives, illustrate a national consensus on the need to improve children's diets.

Promoting more balanced, healthier eating patterns has become a national priority because diet has a profound influence on health. It is essential that children and young people have a nourishing diet to maintain and protect the health of their teeth and their bodies, both now and throughout their lives.



-  Good nutrition improves performance and behaviour. The link between nutrition and academic performance, behaviour and concentration is well established.
-  Eating a more balanced, healthier diet protects against disease. 'Fad' diets may come and go but the message to eat more fruit and vegetables and less fatty and sugary foods remains constant. A poor diet is a major contributory factor to developing coronary heart disease, cancers and other diseases. Even more fundamental than this is the fact that many young people, due to the lack of an adequate, well-balanced diet do not fully realise their potential for growth and development.
-  Young people's eating habits are getting worse. 'The National Diet and Nutrition Survey': Young People Aged 4 to 18 years (2000) and the Health Related Behaviour Questionnaire: Gateshead (1995 and 2001), highlighted some very worrying facts. The latter revealed that young people in Gateshead ate less vegetables, fruit and salad but more chips, roast potatoes, fizzy drinks than the national average and also a large number of young people were missing out meals than the reference sample.

A lot of positive work can be done within schools to ensure young people have the knowledge and skills to choose a healthy diet. A whole school approach, where what is served in the dining room or tuck shop reflects what is taught in the classroom is essential for better health. The Gateshead Healthy Eating Award will also support your school to achieve the Essential Criteria of Charter Point 6 (Healthy Eating) of the Gateshead Healthy School Award.



The Gateshead Healthy Eating Award has three elements

1
Policy

2
Practice

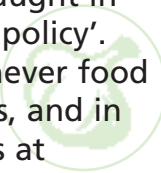
3
Promotion

1 Policy

It is important that schools develop a policy about how the principles of a balanced and varied diet are supported in the school. The policy will underpin the development of a consistent approach to food and nutrition, in relation to both food provision and the planned programme (curriculum). The policy must be shared with parents and pupils.

What issues could we include in our food policy?

- How food and nutrition are to be taught in the curriculum
- What the objectives of the school food service should be and how you will monitor them
- How you intend to promote the uptake of healthier food in school
- Guidance on health and safety issues
- Whether your school will provide additional services such as breakfast clubs, tuck shops etc.
- The school's attitude to vending.
- How your school might provide support to pupils who have concerns about their diet e.g. school health advisor, information services
- The roles of the school, its staff, parents and pupils in monitoring and developing the food policy in the future
- Who was consulted in the development of the policy e.g. governors, school council
- How the policy is to be publicised e.g. inclusion in school prospectus
- When is the policy to be reviewed



2

The school must ensure that there is consistency between what is taught in the curriculum and what is provided within school 'as stated in the policy'. The school must make sure that healthy options are available whenever food is provided at breaks, lunch times, breakfast and out of school clubs, and in vending machines. Drinking water must also be accessible to pupils at appropriate times of the school day. School meal providers will need to address current healthy eating criteria, i.e. National Nutrition Standards for School Lunches and the Gateshead Healthy Eating Award criteria (page 5 onwards). These standards must be considered for all food provided throughout the whole school day i.e.

- Packed lunches
- Snacks/tuck shops/vending
- Breakfast provision/After school clubs
- Catering for special occasions or out of school activities

How do we ensure that healthy food is on offer in school?

Ensuring there are a range of opportunities for pupils to learn about and experience food and nutrition which are co-ordinated and reinforce appropriate messages should be the underlying aim of any school food policy. National Nutritional Standards for School Lunches have become compulsory in all schools. In a nut shell:

- They are minimum standards based on the 'Balance of Good Health'.
- They reintroduce the 'duty to provide' a paid meals service, where asked for, in all schools.

How do we ensure curriculum teaching is effective?

- What healthy eating issues should we be covering and at what age?
- Where are such subjects as food, nutrition, dental health, hygiene and health taught in the curriculum?
- Do we take the opportunity to use cross-curricular links around the subject of food?
- What resources and information do we use to teach this topic?



The Balance of Good Health

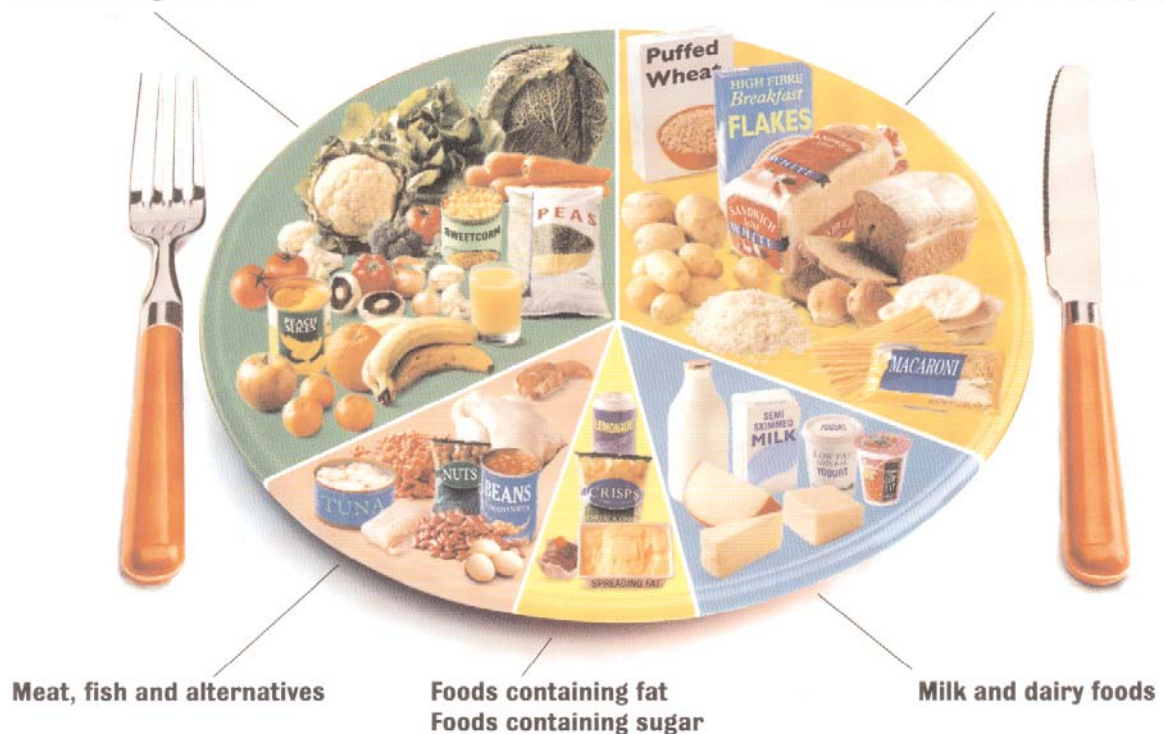


Over recent years, despite the main messages remaining the same, there has been confusion over what is meant by the term 'healthy eating'. To help clarify the situation the government has produced some useful guidelines.



Fruit and vegetables

Bread, other cereals and potatoes



Reproduced with the kind permission of the Food Standards Agency

The Balance of Good Health is a pictorial representation of the recommended balance of foods in the diet and aims to help people understand and enjoy healthy eating. It shows that we don't have to give up the food we enjoy most for the sake of our health. Instead, variety and a change towards more vegetables, fruit, bread, breakfast cereals, potatoes, rice and pasta is what matters. It is hoped that this national food guide will be used by all educators to give a consistent healthy eating message. This model can be applied to most people above the age of five years, including vegetarians, people of all ethnic origins and people who are the right weight for their height as well as those who are overweight.

A member of the Gateshead Schools Healthy Eating Award Management Group will visit the school to assess the criteria with your school's unit manager.

question 1

If chips or fried rice are served, an alternative starchy food such as pasta, boiled rice or mashed, boiled or baked potatoes without added fat should always be available.

On days when fried potatoes or rice are available, is an alternative of pasta or boiled rice or mashed, boiled or baked potatoes in sufficient portions without added fat always offered?

yes

no

pass

fail

question 2

At least two choices of salads, green vegetables or other vegetables should be available.

Are portions of salad vegetables and green vegetables (peas, cabbage, spinach, broccoli, etc.) and other vegetables (carrots, swede, baked beans) available every day?

yes

no

pass

fail

question 3

Where cakes or desserts are served, a variety of fresh fruit should always be readily available.

- a) *Is fresh fruit salad served at least once a week?*
- b) *Are at least three choices of fruit available throughout the week?*
- c) *Is fruit used as a pudding ingredient at least three times a week? (this could be dried, fresh, frozen or tinned fruit).*

yes

no

yes

no

yes

no

pass

fail

question 4

Steps should be taken to reduce the amount of sugar in puddings and desserts.

- a) *Are sugar free options available as a pudding each day?*
- b) *Is sugar in other puddings always kept to a minimum?*

yes

no

yes

no

pass

fail



question 5

Unsweetened fruit drinks, water, diet drinks or milk should always be available.

- a) *Is water always available as a drink?*
- b) *Is milk always available as a drink?*
- c) *Is there a sugar free fruit drink available each day?*



yes no

yes no

yes no

pass fail



question 6

Unsaturated oils and fats should be used in food preparation and cooking where possible.

- a) *Are unsaturated alternatives used wherever possible rather than saturated fats (e.g. lard, butter or ghee/clarified butter)?*
- b) *Is there evidence that recipes have been modified where possible to alter the type of fats used (e.g. by using unsaturated oils instead of ghee/clarified butter butter or lard.)?*

yes no

yes no

If yes, list examples below to help you in your final assessment:

pass fail

question 7

Frying should be replaced by lower fat cooking methods where possible.

- a) *If food can be either grilled or fried, are they always grilled or cooked by another method without fat?*

yes no

pass fail



question 7 cont.

- b) *Do main dishes prepared with a minimum of fat feature on the menu every day? (i.e. not fried, coated in creamy sauce or in pastry)*

yes no



If yes, list examples below to help you in your final assessment:



- c) *Is the fat from minced meat and other meats always drained off during cooking?*

yes no

pass fail



question 8

A vegetarian option must always be available in schools. At least 3 times per week, this should be a low fat dish.

Is a vegetarian dish based on beans, peas, lentils or nuts rather than full fat cheese, pastry or fried dish available at least three times per week?

yes no

pass fail

question 9

Steps are taken to reduce added sauces and toppings to dishes such as potatoes, vegetables, salads and desserts.

- a) *If jacket potatoes are served are they always available without added butter or fat?*

yes no

- b) *If salads are served are some available without dressing?*

yes no

- c) *Are children able to choose desserts without toppings such as cream or ice-cream already added?*

yes no

pass fail



question 10

The school should be seen to be actively promoting healthier options.

a) *Are wholemeal or granary varieties of bread, rolls, chapattis or pitta always available?*

yes

no



b) *Are staff encouraged to promote healthier options?*

yes

no



c) *If sandwiches are served, is a choice of lower fat sandwich fillings (i.e. those without salad cream or full fat cheese) always available?*

yes

no



If yes, list examples below to help you in your final assessment:

d) *Are healthier options given a more prominent position in displays, for example, sugar free drinks being more prominent than sugared varieties?*

yes

no

e) *Are steps being taken to reduce the amount of salt being added to dishes during preparation and cooking?*

yes

no

pass

fail

Criteria checked by a member of the Gateshead Healthy Eating Management Group

Signature _____ Date _____



Gateshead Healthy Eating Award Criteria - School Meals



School :

Gateshead Healthy Eating Award criteria checked by the Gateshead
Healthy Eating Award Management Group



Name:

Signature:

Date:



Comments:

3 Promotion

The school should undertake a project to help young people to make healthy choices, as well as teaching about nutrition in the planned programme (see below for ideas). This project will need to be sustainable so that new starters to the school in subsequent years will benefit from the project.

The Gateshead Healthy Eating Award Project supports the promotion of balanced and healthy eating to the whole school.

Examples of possible projects:

- Displaying attractive menu boards.
- Promoting 'meal deals' on healthy options.
- Encouraging pupils to survey their classmates on what they like or would like to eat at school or home.
- Encouraging children to keep food records and work on setting targets to improve their diets.
- Cross-curricular links e.g. PSHE+C, Literacy, Numeracy, ICT, Geography, History, Modern Languages.

Try to involve as many people as possible in the project, pupils, staff and parents. Please give details of your project on the project plan overleaf.

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PROJECT PLAN

Send copy of the completed project plan to Don Sweeney, Dryden PDC (address p.14).



Please give a brief outline of the project that is to be undertaken (including who will be involved, resources required, planned duration or frequency of project taking place)



How is the project to be promoted amongst teachers, pupils, parents, governors and catering staff?

How will you evaluate the project?

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How will you ensure that new starters will benefit from the outcomes of this project in subsequent years?

What evidence will you provide to support the healthy eating project?

Signed _____ (School Healthy Eating Award
Co-ordinator)

Signed _____ (Headteacher) Date _____

Gateshead Healthy Eating Award: What to do and when

During
October

Your school receives a letter from the Gateshead Healthy Eating Award Management Group inviting you to register your interest.



By **November** all schools interested will receive an application booklet and be required to nominate one teacher to be the contact for the project.



From **November** to **April** the following will simultaneously be taking place:



A member of the Gateshead Healthy Eating Award Management Group will assess the school menu, work through the criteria and provide advice on any necessary changes.



The School Meals Service will implement any changes necessary to the food services.



Your school will revise and submit your current food policy to the Gateshead Healthy Eating Award Management Group.

OR

The school develops a food policy and sends a copy to Don Sweeney or Carole Robson at Dryden PDC.



Your school will decide upon the healthy eating project to be implemented, and will send a copy of the project plan to Don Sweeney or Carole Robson at Dryden PDC.



School implements project.



School evaluates and sends evidence of the completed project.



During **May** the Gateshead Healthy Eating Award Management Group will assess whether the school has fulfilled all three of the required Gateshead Healthy Eating Award criteria, schools will be informed of success and given feedback and future recommendations.



Presentation of certificates to the successful schools will take place at the Gateshead Healthy School Award Celebration on Thursday 8th July 2004.

Contact: Don Sweeney, Extended Schools and Community Cohesion Co-ordinator or Carole Robson, Healthy Schools Co-ordinator, Dryden PDC, Evistones Road, Gateshead. NE9 5UR. Tel: 0191 433 8667 Fax: 0191 491 1394

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Contacts

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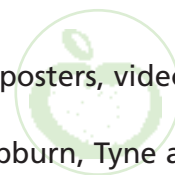
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Health Promotion Resources Service can provide teaching packs, leaflets, posters, videos, etc. to support the teaching of healthy balanced eating in schools.

Resource Service, Health Promotion Centre, Hospital Drive, East View, Hebburn, Tyne and Wear. NE31 2TH. Tel: 0191 4516602, email: yvonne.hudson@sthct.nhs.uk

or Health Promotion Base, Millenium House, 207 Coatsworth Road, Gateshead. NE8 1SR. Tel: 0191 477 9743 Fax 0191 477 7000



School Food Policy



- **The Health Education Trust** is a registered charity dedicated to initiating and supporting work with young people to encourage the growth of healthy lifestyles. The Health Education Trust is the managing organisation for the School Nutrition Action Group (SNAG) initiative. To join the SNAG Network (free of charge), which gives you inclusion on to the mailing list for 'SNAG News', a quarterly newsletter supporting school food initiatives, and access to free telephone advice on all issues to do with food policy developments in school, telephone or fax the SNAGs Advice Line on: 01789 773915 or write to: SNAGs, c/o Health Education Trust, 18 High Street, Broom, Alcester, Warks. B50 4HJ for more information.
- **'The Chips are Down - a guide to food policy in schools'**. This publication, written by Jo Harvey, Director of Health Education Trust, is a comprehensive guide to all aspects of food policy in schools which is well worth having a look at. It costs £15 and can be ordered from: The Chips are Down, P.O. Box 132, Stockport, SK1 3YW. Your local Health Promotion Unit should also have a copy that you could borrow.



Food and the Curriculum

- **'Focus on Food'** is a Royal Society of Arts national campaign which seeks to secure, support, and augment teaching about food as an essential part of pupils' learning. The work focuses on the making and cooking of food as the key experience in learning about its social importance. For further information contact: Focus on Food, Design Dimension, Dean Clough, Halifax, HX3 5AX. Tel: 01422 383191.
- **'Guidance on Food and Nutrition in Primary Teacher Training'**. This publication, produced by the Department of Health and Ministry of Agriculture, Fisheries and Food, is designed to provide support for those training as teachers of early years and Key Stage 1 and 2 pupils.

School Food Provision

- **'The National Nutritional Standards for School Lunches'** can be downloaded from the following website: www.dfes.gov.uk/schoollunches. It contains more in-depth and comprehensive information about the government's new nutritional standards than is contained in this guide, and includes guidance on how to improve the meals service and ways to monitor the standard.
- **'The National School Fruit Scheme'** is a government scheme which intends to provide a piece of fruit daily to all school children between the ages of 4 and 6. The programme should be fully 'rolled out' by 2004. You can find more information on the following website: www.doh.gov.uk/schoolfruitscheme.

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- **'Eating Well at School'**. These are a set of three very useful publications by the DfES and the Department of Health giving guidance for school food providers. Part One is aimed at schools that do not manage their own school meals contract, Part Two is aimed at those which do manage the contract and Part Three is for Catering Contract Managers and caterers in schools. Copies of any part of this guidance can be ordered, free of charge, from the DfES's Publication Centre, P.O. Box 6927, London. E3 3NZ. Tel: 020 7510 0150.
- **Vegetarian Society 'Meal Planner for Primary Schools'** is designed to assist caterers and offers ideas for main courses, soups, salads, sandwiches, jacket potatoes and even healthy chips. It is available, free of charge, from: The Vegetarian Society, Parkdale, Dunham Road, Altrincham, Cheshire, WA14 4QG. Tel: 0161 925 2000.

Classroom Resources

- **'Eat Your Words'**. Understanding healthy eating and food messages. Teaching resources for 7-11 year olds. Published by The National Heart Forum, available from BSS, P.O. Box 7, London. W5 2GQ.
- **'Enjoy Healthy Eating'**. A booklet that aims to help the reader choose a variety of foods for healthy and enjoyable eating. It also explains how to prepare favourite foods in a healthier way, and explains about food additives and the labelling of foods. Available from: Food Standards Agency, P.O. Box 369, Hayes, Middlesex. UB3 1UT. Tel: 0545 6060667 Fax: 020 88673225
- **'Food a Fact of Life'** and **'Energy and Nutrients'**. Resources to support food and nutrition work in both primary and secondary schools - also a Food Technology pack including a video of food product development processes and a "Diet and Health" pack (£70 per unit). The British Nutrition Foundation, High Holborn House, 52-54 High Holborn, London. WC1V 6RQ. Tel: 020 7404 6504. Fax: 020 7404 6467.
- **'Food In Schools: Ideas'** and **'Food in Schools: Planning a Project'** this resource was distributed to schools in January 1998. The first booklet shows a range of examples of primary and secondary work in food education, drawing on the help of food experts from outside the school and focusing on enjoyment and social aspects. The second resource booklet gives advice and background information on planning projects of this kind. Copies are available from the Qualifications and Curriculum Authority through QCA Publications, P.O. Box 235, Hayes, Middlesex. UB3 1HF. Tel: 020 7867 3333.
- **'Look After Your Heart'**. Resources to show young people the importance of looking after their hearts. The activity booklets are for 7-11 years. British Heart Foundation, 14 Fitzhardrige Street, London. W1H 4DH.
- **School Food Action!**. A guide to healthy eating initiatives at school, in two parts: the first has tips on how to start a healthy eating initiative at school, the second a directory of nearly 500 healthy eating initiatives in schools across the UK. Available from BSS, P.O. Box 7, London. W5 2GQ.



Gateshead Council
'Tastebuds'



Dental Services



Health Development Team