



Achieve Excellence

Exceed Expectations

Ysgol Maes y Felin

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Food and Fitness Policy

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This document is available in English and Welsh in Microsoft Word and pdf formats in Arial font size 12 as standard. This document is also available in large print. To request a copy of this document in an accessible format contact Mrs. Debbie Dickinson (01352 711366).



Food and Fitness Policy

With nutrition and activity trends becoming established in early childhood, early intervention is important to ensure healthy growth and development. A poor diet is one of the main causes of ill health and premature death. Evidence suggests that a healthy diet may substantially reduce the risk of chronic diseases such as cardiovascular disease, diabetes and some cancers. Physical activity has also been shown to have a significant beneficial influence on health and well-being. In Wales, the population is not eating the optimal diet for health nor achieving the recommended levels of activity.

1. Introduction:

The development of a whole school approach to healthy eating and physical activity is essential in ensuring consistent messages and the development of skills, in a supportive school environment. We consider the role of Ysgol Maes y Felin to support pupils, their families and the wider community, by ensuring the ethos of the school is established as a health promoting environment.

The Food and Fitness Policy refers to the teaching of pupils in the Foundation Phase and Key Stage 2. The school environment is an ideal platform from which pupils can experience activities that allow them to make healthy choices, develop their own bodies and learn how to keep themselves safe and healthy.

2. Aim:

To improve the health and wellbeing of Ysgol Maes y Felin community, ensuring all aspects of food and fitness are promoted to pupils, staff and visitors and establish and maintain a supportive environment conducive to the promotion of physical activity and good health.

3. Objectives:

- To actively participate in the Flintshire Healthy School Scheme and develop Ysgol Maes y Felin as a health promoting environment
- To actively participate in the Designed to Smile initiative (if eligible)
- To provide consistent messages in school about food and fitness within and outside of the taught curriculum
- To increase pupils' knowledge, understanding, experience and attitudes towards food and fitness
- To ensure provision for food and fitness in school reflects the cultural and medical needs of all pupils

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- To meet The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013
- To contribute to out of hours learning for pupils
- To increase physical activity levels of pupils in line with Health Challenge Wales targets of 5 x 60minutes
- To increase amount of time given to curricular PE
- To increase the amount of time pupils are active during PE lessons.

4. Curriculum

The school will ensure that the taught curriculum offers pupils the following:

- an understanding of the relationship between food, physical activity and the short and long-term health benefits
- deliver consistent messages in relation to diet, oral health and physical activities
- an understanding of basic food hygiene and the skills to purchase, prepare and cook healthy food
- opportunities to learn about the growing of food and its impact on the environment. Pupils are made aware of the benefits associated with home-grown, fresh produce via development of a kitchen garden/allotment access
- opportunities to examine the influences on food choices, including the media, advertising, and the packaging, marketing and labelling of food
- consistent and clear delivery of oral health
- opportunities to consider how our choices affect others e.g. Fairtrade
- a before and after school hours and break-time programme which includes a broad range of purposeful and enjoyable physical activity
- engagement in physical activity during structured PE lessons, as part of a broad and balanced Curricular programme which is fully inclusive and meets the needs of the pupils

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- emphasis on cross curricular links in promoting physical activity and Health, Fitness and Wellbeing: the need to exercise, the effects of exercise on the body

Please refer to [Appendix 6](#) for specific references in the National Curriculum.

5. Environment:

To assist the school in achieving an environment which promotes healthy and active choices, the Head teacher will:

- Ensure the school premises are clean and safe in accordance with Ysgol Maes y Felin Hygiene Policy. The school promotes good personal hygiene and pupils are reminded to wash their hands after using the toilet and before eating food. Toilet facilities are checked regularly and have adequate hand washing facilities, toilet paper, doors with working locks and bins/receptacles in the girls / staff toilets for the hygienic disposal of used sanitary protection
- acknowledge the safe and effective management of pupil behaviour during breaks, lunchtimes, before and after school, as well as within the classroom: Plan and resource the supervision of pupils accordingly, considering the length of the lunch break and management of queuing
- recognise the importance of the involvement of catering staff and lunchtime supervisors in planning the lunchtime provision and linking with activities available to pupils
- ensure that all staff supporting pupils in making healthy choices are adequately informed
- provide an enjoyable eating experience for all pupils in a pleasant dining environment
- ensure that displays within and around the food service areas (e.g. canteen, dining hall, main hall) avoid mixed messages and promote consistent approaches to healthy eating and food choices
- the school will not advertise branded food and drink products on school premises, school equipment or books, and ensures that any collaboration with business does not require endorsement of brands
- the school is registered as a Breastfeeding Welcome Scheme and displays the appropriate signage

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- offer a broad range of safe, stimulating indoor and outdoor sports, and play activities accessible to all pupils as required within the curriculum, lunchtime and out of hours learning.
- develop appropriate and safe playground areas by Zoning: use of permanent playground markings to encourage and facilitate activity to all pupils
- ensure that displays in and around the PE environment, (main hall, changing areas, corridor) avoid mixed messages and promote consistent approaches to fitness and physical activity
- ensure the implementation of motorised-traffic-free areas at critical times to ensure safety for cyclists and pedestrians as part of Safe Routes to School.

6. Food Provision:

Ysgol Maes y Felin will ensure the food provided during the whole school day is compliant with The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013:

6.1 Special Diets and Allergies

A special diet is one which cannot be selected freely from the main choices available at lunch time. This could be because of an allergy, intolerance or other medical need. Those with special educational needs and disabilities may also require a special diet. Because school lunch menus are designed for the majority of pupils, those pupils with special dietary needs may need to be catered for individually. It is recommended that advice of a medical professional is sought when special diets are required to ensure the needs of the individual are met.

6.2 Breakfast

- Food and drink offered as part of an early morning breakfast service in primary schools, regardless of the provider should be consistent with The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 . See [Appendix 1](#) for compliant items.

6.3 Morning break

- In Ysgol Maes y Felin, as of September 2013, morning break provision will be limited to **fruit and vegetables, water and milk only** for pupils in Reception to Year 6.
- Pupils in Nursery will be provided with healthy food and drink options consistent with the Food and Health Guidelines for early years and childcare settings

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- There is access to free, fresh, drinking water is available for all pupils separate from the toilet areas.
- Confectionary and Savoury snacks will not be provided at mid morning break.
- *Skimmed milk will be avoided. Nurseries catering for all ages (i.e. children under 2 years) should use full fat milk. Settings catering for children 2 years and above can use semi- skimmed milk.*

The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 **do not apply to food bought in from home**. Parents opting to supply their children with a snack item for morning break, should be encouraged to provide snacks which are healthy, and/or of a healthier variety through the provision of regular healthy eating advice and information.

6.4 Lunch

- Healthy, nutritious choices are available to pupils everyday provided by Newydd Catering Service.
- The menu is consistent with The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013. See [Appendix 2](#) for compliant items.
- Access to free, fresh, drinking water is available for all pupils separate from the toilet areas.
- Squash of any kind including sugar free squash will not be provided.
- Flavoured water or flavoured milk of any kind will not be provided.
- Confectionary and Savoury snacks will not be provided at lunchtime.
- The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 **do not apply to food bought in from home**. Parents opting to supply their children with a packed lunch, should be encouraged to provide a healthy and balanced meal, through the provision of regular healthy eating advice and information. Parents are reminded of the above guidance in relation to school trips in particular. See [Appendix 3](#) for suggested items.

Note - Parents may be contacted by a member of school staff if a pupil consistently does not adhere to the recommendations outlined within the Food and Fitness Policy.

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6.5 Food Safety

Parents will be encouraged to keep packed lunches cool – ideally using an insulated lunchbox with icepacks to ensure that food is kept safe and chilled, especially during hot weather. This will be highlighted where appropriate in school newsletters and correspondence with parents regarding school trips.

6.6 After School Clubs

The school in which the after school club is being held is responsible for providing the club with information and making sure that they are providing the correct food, in line with The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013). See [Appendix 4](#) for compliant items.

6.7 Other

- Ysgol Maes y Felin will liaise with Newydd Catering Service in order to promote the service to parents of perspective pupils when appropriate e.g. food tasting.
- Ysgol Maes y Felin will take reasonable steps to ensure that every pupil who is entitled to receive a free school meal and free school milk does receive them.
- Healthy options will be available at all whole school events for pupils, parents, governing body, PTA and visitors (e.g. summer fetes, sports day, Christmas performances) and consumption of alcohol will be discouraged.
- Ysgol Maes y Felin will discourage parents from bringing birthday cakes to school and will promote other forms of celebration where possible e.g. singing, dancing etc. Any birthday cake that is sent into school must be shared with pupils at the end of the school day and not consumed on the premises.
- Pupils eating healthy snacks and packed lunches will be rewarded with stickers.
- No food or drink product will be provided as a reward to pupils.
- The school promotes 'water on desks' and reminds pupils to take their water bottles home to be cleaned on a daily basis.

7. Physical Activity

Ysgol Maes y Felin will develop the programme of activities available for play and out of school hours learning, to complement and extend learning opportunities as part of the PE curriculum. The school will therefore:

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- provide a broad range of purposeful and enjoyable physical activities for pupils and staff as part of a whole school approach to increasing levels of physical activity
- provide encouragement for pupils to walk or cycle to and from school where appropriate
- ensure secure storage for cycles and safety equipment
- provide safe and stimulating equipment; indoor and outdoor play and recreational facilities which promote physical activity
- actively participate in the Dragon Sport initiative
- encourage pupils to participate in active outdoor playground games during breaks and lunchtimes
- provide lunchtime supervisors with appropriate training in order to lead opportunities for physical activity
- ensure all sporting activities available are sensitive to and are accessible by pupils of ethnic/vulnerable backgrounds
- regularly celebrate achievement and promote activities in assemblies
- provide buddy training for senior pupils to oversee equipment and support younger pupils
- provide an annual programme of whole school activities for all pupils (e.g. sports day, health day/week)
- ensure there is provision in school for both competitive and non- competitive activities
- ensure that there is an out of school hours learning programme including a broad range of purposeful and enjoyable physical activities for pupils.

8. Community

Within its broad purpose of 'education for life', the school will seek to:

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- Raise awareness of, and promote, the activities and policy of the school around food and fitness in partnership with key community and health agencies
- Encourage the provision of healthy snack for morning break and a balanced packed lunch by providing guidance information for parents
- Inform pupils of the opportunities and resources available to them in the community relating to aspects of both food and fitness e.g. local clubs
- Promote sustainability and use of locally sourced products through the development of kitchen gardens and gardening clubs linking with the wider community
- Develop partnerships with local agencies and providers.

9. Welsh Language Development

Wherever possible, use the Welsh language as a natural part of all aspects discussed in this policy document. For example

- to praise pupils who make healthy choices
- to reinforce movements, directional and prepositional language words in the delivery of physical activity.

10. Equality

As an employer and provider of services Ysgol Maes y Felin will not unlawfully discriminate on grounds of age, disability, gender, gender reassignment, race or ethnicity, religion or belief, sexual orientation, marriage or civil partnership, pregnancy and maternity or on the grounds of Welsh language.

All pupils, their parents and guardians, volunteers, staff and school governors are valued and will be treated with dignity and respect. The school will not tolerate any form of discrimination, harassment or victimisation.

We will work across our school community to ensure our commitment to equality and fairness is shared and take steps to ensure that our school is accessible, welcoming and inclusive.

11. Implementation

- The Governing Body to nominate one governor to take specific responsibility for Food and Fitness
- SMT will ensure that there is adequate training and resources for all staff involved in the delivery of the aims and objectives of the Food and Fitness Policy
- The governor with the responsibility for food and fitness will liaise with the SMT regularly
- SMT will take advantage of the existing national and local initiatives and resources relating to food and physical activity.

12. Monitoring and Evaluation

- Opportunities will be provided which will enable pupils to participate and evaluate what they have learnt according to their age, needs and ability
- Parents will be invited to feedback their ideas for improvements on a regular basis both verbally and through questionnaires
- School Council / School Nutrition Action Group (if applicable)
- Progress will be monitored at regular intervals by SMT and governors: specific issues will be discussed at staff meetings as appropriate
- There is a duty on Governing Bodies of maintained schools in Wales to include in the governors' report information on the action taken to promote healthy eating and drinking by pupils of the school.

This policy will be reviewed in accordance with the School Development Plan.

13. References

Developing a Whole School Food and Fitness Policy
Welsh Assembly Government (2007)

Physical Education in the National Curriculum for Wales (2008)
Welsh Assembly Government

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Science in the National curriculum for Wales (2008)
Welsh Assembly Government

Personal and Social Education (PSE) Framework for 7-19 year olds in Wales
(2008) Welsh Assembly Government

Design and Technology in the National Curriculum for Wales (2008)
Welsh Assembly Government

Foundation Phase Framework for Children's learning for 3-7 year olds in Wales
(2008) Welsh Assembly Government

Food and Health Guidelines for early years and childcare settings (2009) Welsh
Assembly Government

Food and Drink in After School Clubs (2014) Welsh Local Government Association

The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales)
Regulations (2013)

Appendix 1: Breakfast Provision in Primary Schools

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Breakfast in school is dealt with in Regulation 4 of, and Schedule 1 to, the Healthy Eating Regulations. Schedule 1 (as indicated below with suggested standard items) specifies four permitted food categories. Only foods from these categories must be available during breakfast on each school day.

Food categories	Suggested standard items
Milk-based drinks or yoghurts*	Semi-skimmed or skimmed milk (whole milk permitted in nursery) * Rice milk is not recommended for pupils under five years old
Cereals – not coated or flavoured either alone or in combination with sugar or chocolate or cocoa powder*	Whole-wheat biscuit cereal Cornflakes Rice-based cereal Shredded wholegrain wheat biscuit cereal Malted wheat squares Bran flakes Porridge *To avoid adding sugar, children should be encouraged to use fresh fruit and dried fruit as sweeteners
Fruit and vegetables*	A selection of chopped fresh fruit or dried fruit to add to the cereals Fruit canned in natural fruit juice Unsweetened fruit/vegetable juices Baked beans in tomato sauce Tomatoes tinned in juice *Vegetables must not be fried
Breads and toppings	A variety of breads can be offered Toppings include: Polyunsaturated/monounsaturated margarine, jam, marmalade and honey (thinly spread)

Each child or person attending the breakfast session must be given the option to choose one item from each of the four food categories. Schools must use appropriate portion sizes, as pupils in Reception and Year 1 will require a much smaller portion than those in Year 6.

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Appendix 2: Overview of food standards for lunchtime

Regulation 6 and Schedule 3 – Lunch in maintained primary and secondary schools

A basic overview of the food standards for school lunches maintained in primary and secondary schools, under the Healthy Eating Regulations, is provided in the table below.

Food category	Primary	Secondary
Unrestricted food categories		
Vegetables	At least one portion of vegetables/salad must be provided each day. *‘vegetables’ excludes potatoes	At least two portions of vegetables/salad must be provided each day. *‘vegetables’ excludes potatoes
Fruit	At least one portion of fruit, fruit salad or fruit juice must be provided each day. A fruit-based dessert must be provided at least twice each week – must contain fruit content of at least 40g per portion measured by the weight of raw ingredients.	At least one portion of fruit, fruit salad or fruit juice must be provided each day. A fruit-based dessert must be provided at least twice each week – must contain fruit content of at least 60g per portion measured by the weight of raw ingredients.
Fish	Fish must be provided at least once each week. Oily fish must be provided at least twice during any four week period.	Fish must be provided at least twice each week. Oily fish must be provided at least twice during any four week period.
Meat	Meat cuts must be provided on at least two days each week.	Meat cuts must be provided on at least three days each week.
Restricted food categories		
Potato and potato products	Potato/potato products which are cooked in fat/oil must not be provided more than twice each week.	Potato/potato products which are cooked in fat/oil must not be provided more than twice each week. On each day that a portion of potato or potato product cooked in fat/oil is provided, an alternative starchy food that is not cooked in fat/oil must also be provided.
Deep-fried or flash-fried food	Food that has been deep-fried or flash-fried must not be provided more than twice a week.	Food that has been deep-fried or flash-fried must not be provided more than twice a week.

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Meat products	No more than two meat products are to be provided each week. Any one meat product provided must not be served more than twice each week.	No more than two meat products are to be provided each week. Any one meat product provided must not be served more than twice each week.
Cakes and biscuits	Permitted for lunch time provision only. Must not contain any confectionery.	Permitted for lunch time provision only. Must not contain any confectionery.
Salt (in cooking)	Salt should be restricted or removed from recipes (where possible) and replaced with appropriate and acceptable herbs and spices.	Salt should be restricted or removed from recipes (where possible) and replace with appropriate and acceptable herbs and spices.
Condiments	The portion of any condiment made available to pupils must not exceed 10ml.	The portion of any condiment made available to pupils must not exceed 10ml.
Non-permitted food categories		
Confectionery and savoury snacks	Not permitted.	Not permitted.
Salt	Salt must not be added to food after the cooking process is complete, or be available to pupils to add to foods.	Salt must not be added to food after the cooking process is complete, or be available to pupils to add to foods.

It is recommended that bread (without spread) is available throughout lunch.

More detailed guidance on the food standards under the Healthy Eating Regulations is provided in the following section.

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Appendix 3: Food bought in from home (morning break and packed lunches) recommendations:

Food / Drink suggested	Suggested items
Carbohydrate (Starchy Foods)	All varieties of bread (encouraging brown and wholemeal for healthier options), including pittas, bagels, baguettes, ciabatta, bread rolls or wraps. Pasta, rice (encouraging brown and wholemeal for healthier options), couscous, potatoes
Meat & Alternatives	Add a portion a food rich in protein, such as chicken, lean meat, fish, egg or cheese either on its own or as a sandwich filler.
Fruit and Vegetables	Add a portion of fruit and a portion of vegetables to help towards their 5-a-day.
Need something extra?	Add a healthy snack like a yoghurt, currant bun or rice pudding.
Drinks	Water, milk, pure fruit juice and fruit smoothies are good choices. It is important pupils have plenty of water to drink, which is freely available in school.

Parents are discouraged from providing the following food and drink items for mid morning break and packed lunches:

Savoury Snacks	<ul style="list-style-type: none"> • Snacks e.g. crisps should not be encouraged.
Confectionary	<ul style="list-style-type: none"> • Confectionary e.g. chocolate bars, chocolate-coated biscuits and sweets should not be encouraged. • Cakes and biscuits can be included as part of a balanced meal.
Drinks	<ul style="list-style-type: none"> • Carbonated bottled or canned drinks e.g. coca cola should not be encouraged. • Energy drinks are actively discouraged*

*Energy drinks when consumed excessively could contribute to adverse effects on oral health, weight, and general health and well being. Currently there are no UK restrictions on the sale of these drinks to children/ young people though a

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number of products state they are not recommended for children/ those aged under 16 years.

Appendix 4: After School Clubs in Primary Schools

These foods are permitted			
Types of food		Description	
	Fruit and vegetables	Must be available at all serving outlets, e.g. as fresh, frozen, tinned (in fruit juice)	✓
	Water	Free, fresh drinking water should be available	✓
	Dairy products	Such as semi-skimmed milk, yoghurts, custard, rice pudding, cheese	✓
	Meat and fish	Fresh and tinned fish such as salmon, tuna, mackerel. Meat such as ham, chicken, lamb, beef	✓
	Breakfast cereals with semi-skimmed milk	Such as wheat biscuit, rice snaps. No added sugar or cocoa	✓
	Bread based products	Such as sandwiches, wraps, bagels, English muffins, crumpets	✓

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These foods are not permitted or are restricted			
Types of food		Description	
	Cakes and biscuits	Such as jaffa cakes, digestive biscuits, swiss roll, jam tarts	 not allowed
	Confectionary	Such as chocolate, boiled sweets, cereal bars, marshmallows	 not allowed
	Savoury snacks	Such as crisps, baked crisps, corn snacks, pop-corn	 not allowed
	Salt	Not available for pupils to add to food	 not allowed
	Drinks	Such as squash, fizzy drinks, flavoured water, sports drinks	 not allowed
	Condiments	Such as ketchup and mayonnaise must not provide more than 10ml	 restricted*
	Meat products	Such as sausage rolls, corned beef pasties, pork pies	 restricted*
	Potato products	Such as chips, potato waffles	 restricted*
	Products cooked in fat/oil	Such as fish fingers, nuggets	 restricted*

**Restricted food items are only allowed to be served a certain number of times throughout the week, across the school day. If you serve these products you must co-ordinate with the school lunch provider to ensure you are not exceeding the maximum number of times these products are permitted.*

Appendix 5: National Curriculum Programme of Study: Food and Fitness references

Framework for Children’s Learning for 3-7 year olds in Wales	
Foundation Phase	<p>Personal and Social Development, Well Being and Cultural Diversity</p> <p>Skills - Well-being</p> <p><i>Children should be given opportunities to:</i></p> <ul style="list-style-type: none"> • understand and recognise the changes that happen to their bodies as they exercise and describe the changes to their breathing, heart rate, appearance and feelings • develop an understanding that exercise and hygiene and the right types of food and drink are important for healthy bodies. <p>Range</p> <p>Throughout the Foundation Phase, children should be given opportunities to develop their skills, knowledge and understand through being involved in a range of experience including:</p> <ul style="list-style-type: none"> • activities in the indoor and outdoor learning environments • activities that allow them to make healthy choices and to develop and understand their own bodies and how to keep them safe and healthy

Physical Education in the National Curriculum for Wales
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Key Stage	Skills - Health, fitness and well-being activities
2	<p><i>Pupils should be given opportunities to:</i></p> <ul style="list-style-type: none"> • engage in frequent and regular physical activity beneficial to their health, fitness and well-being • identify how to eat and drink healthily in order to meet the energy requirements of different activities <p>Skills - Competitive activities</p> <p><i>Pupils should be given opportunities to:</i></p> <ul style="list-style-type: none"> • develop, consolidate and then apply the skills and techniques needed to take part in a variety of competitive activities <p>Range - Health, fitness and well-being activities:</p> <ul style="list-style-type: none"> • activities that are non competitive forms of exercise and chosen for what they contribute to general health, fitness goals and feelings of wellbeing <p>Range - Competitive activities:</p> <ul style="list-style-type: none"> • activities that are learned for the purpose of competition between an individual, group or team and others

Personal and Social Education Framework for 7- 19 year olds in Wales	
Key Stage	Range - Health and emotional well-being
2	<p><i>Learners should be given opportunities to:</i></p> <ul style="list-style-type: none"> • take increasing responsibility for keeping the mind and body safe and healthy <p><i>And to understand:</i></p> <p>the features and physical and emotional benefits of a healthy lifestyle, e.g. food and fitness</p>

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Key Stage 2	Range - Independence of organisms <i>They should be given opportunities to study:</i> the need for a variety of foods and exercise for human good health

Key Stage 2	Skills - Food <i>Pupils should be given opportunities to:</i> <ul style="list-style-type: none">• plan and carry out a broad range of practical food preparation tasks safely and hygienically• apply current healthy eating messages and consider nutritional needs when undertaking food preparation tasks• classify food by commodity/group and understand the characteristics of a broad range of ingredients, including their nutritional, functional and sensory properties, e.g. meat, fish, fruit, vegetables