

## Nutrition

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## Curriculum

### [Food a fact of life website](#)

Food a fact of life lessons teach children about food and nutrition. The activities and resources provided are in line with the PSHE curriculum. Here you will also find the DT cooking and nutrition SOW.

### [Change4Life school zone](#)

Change4Life has developed the [school zone](#) resource for primary teachers to provide curriculum-linked materials about healthy eating and being active. There are lesson ideas for KS1 and KS2 pupils.

### [The great grub club website](#)

Find a range of lesson plans on healthy eating for KS1 and KS2 pupils as well as assemblies, recipes and interactive whiteboards.

### [Eat Like A Champ website](#)

Eat Like A Champ (ELAC) is a free six-week healthy eating programme for year five pupils. Year five teachers can sign up to receive their free resource pack on the ELAC website.

### [BNF healthy eating week website](#)

Healthy eating week 2018 will take place 14 June 2019. Register online to receive a free healthy eating week pack full of resources, ideas and activities. [Register your school](#).

## School food policies

### [Healthy lunchtime toolkit \(pdf\)](#)

Explains how schools can successfully introduce a packed lunch policy and reward system in school. The toolkit includes policies, posters, letters, assemblies and surveys that you can adapt.

### [Food a fact of life website](#)

The food a fact of life's cooking and food skills module for KS1 and KS2 pupils. Here you will find schemes of work for cooking in the DT curriculum for KS1 to KS3.

[Establishing a whole school food policy](#) (Public Health website) outlines the steps needed to develop a whole school food policy, includes a sample policy and whole school food audit. Or use the [model policy](#) (word).

## Cooking at school

### [Food a fact of life website](#)

The food a fact of life's cooking and food skills module for KS1 and KS2 pupils. Here you will find schemes of work for cooking in the DT curriculum for KS1 to KS3.

## Breakfast

### [Magic breakfast website](#)

Magic breakfast provide funding to schools who have 35% or more free school meals and currently do not have a breakfast club.

### [Breakfast clubs toolkit \(pdf\)](#)

A very comprehensive booklet to help schools set up a breakfast club with sample letters, checklists, questionnaires and more.

## Health fair

### [Health fair toolkit \(pdf\)](#)

Tools and information you need to plan a successful health fair in your school. Download a copy of the toolkit and [health fair contact list](#) (pdf)

### [Are you sugar savvy? \(pdf\)](#)

Play Are you sugar savvy with parents and children at health fairs. Players may be surprised to learn how much sugar some drinks contain.

## Parents

[Newsletter snippets \(pdf\)](#)

Over 50 newsletter snippets on healthy eating for your parent newsletter with images.

## Dining room

[Dining room toolkit \(pdf\)](#)

Improving the dining experience in schools guidance booklet brings together ideas and suggestions for your school to help improve the experience pupils have at lunch time.

## Body image

[TES Connect website](#)

Spark a discussion or classroom debate, giving pupils a chance to express their opinions, or as part of a class project on the topic. Resource are for KS3 and 4.

[Dove self-esteem workshops \(Dove website\)](#)

Dove's self-esteem project website have everything schools need to run successful PSHE curriculum-aligned body-confidence workshops. Resources are suitable for 10 to 16 year olds.

## Contacts

If you require any advice or support with nutrition in schools, contact Nicole McGregor: [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk).

**Was this page useful?**

- [Yes](#)
- [Neutral](#)
- [No](#)

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