



# NORTH LIVERPOOL ACADEMY

## HEALTHY EATING POLICY

The Governors of the Academy take seriously their responsibility to provide the opportunity for students to have a balanced diet. They do this by giving a detailed specification to the caterer and insisting that high quality, low fat meals are on offer with variety of fresh fruit and vegetables each day.

The specification is for: -

- Self-service salad bar;
- Jacket potatoes and fillings;
- Soup kettle;
- High quality sandwiches and wraps
- Hot sandwiches and paninis
- Non-fizzy low sugar drinks;
- Fruit smoothies
- High quality bread and baked products
- Milk and fresh juices;
- Home-made, unwrapped products;
- Fresh fruit daily, including fruit posts
- A hot pasta bar option.

At Break a variety of food will be served, including home-made products.

All students have Food Technology during Key Stage 3 where emphasis is placed on a balanced diet and the teaching of nutrition.

There will be a programme of Being Healthy introduced of which this is a part to re-educate students on healthy living

Students will be consulted regularly on the quality and content of provision and have been involved in the setting up of this healthy option.

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