



# OUR LADY OF THE MAGNIFICAT

## FOOD & NUTRITION POLICY

### Aim

A Healthy diet is essential for maintaining and protecting children's health, for ensuring they perform to their full potential during the school day (both academically and physically) and for their growth, development, and mental health. Our aim is to help them establish a healthy lifestyle that we hope will continue into adulthood.

### Benefits of Healthy Eating

- . Helps young people develop, grow and do well in school
- . Prevents childhood and adolescent health problems such as obesity, eating disorders, tooth decay and anaemia
- . May help to prevent problems later in life, including heart disease and cancer.
- . Establish healthy eating habits at a young age is critical because changing poor eating patterns in adulthood can be difficult.
- . Sitting down to a meal with other children is an important part of a child's social education.

### Consequences of Unhealthy Eating

- . Hungry children are more likely to have behavioural, emotional, and academic problems at school
- . Research suggests that not having breakfast can affect children's intellectual performance
- . Poor eating habits and inactivity are the root cause of overweight and obesity. The percentage of young people who are overweight has more than doubled over the last 20 years
- . Eating disorders are increasingly common among young people
- . Poor diet can lead to poor mental health and wellbeing
- . A recent government survey quoted over a fifth of teenage girls are constantly dieting which robs their bodies of essential minerals and vitamins essential for brain function and general health
- . 'Many teenagers are overfed but undernourished' (BUPA)
- . Even mild dehydration can affect mood, energy levels and the ability to concentrate

### Policy

- . Factual information about healthy lifestyles will be given to pupils via the curriculum, in Food and Nutrition lessons, Science, personal health, and social education, via tutor assembly and PE
- . Our Lady of The Magnificat MAC will ensure schools offer food and drink that promote our expectations of a balanced diet, including free drinking water throughout the day
- . Our Lady of The Magnificat MAC are committed to sourcing quality and sustainable products
- . We will also continue to monitor national development in healthy eating and implement actions when appropriate