



Healthy Eating Statement

PERSON RESPONSIBLE: Head Teacher/Heads of Curriculum
Approved by: Governors of AZBUKA Foundation
Approved: September 2025
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Promoting Healthy Eating in our School and Nursery

At Azbuka, we believe that eating well is an important part of learning well, health and wellbeing. Mealtimes should be enjoyable, with food that looks good, tastes great, and helps children stay healthy, focused, and full of energy throughout the school day.

We follow national school food standards to make sure every child has access to a balanced diet. Our meals are freshly prepared (snacks or lunches), use sustainable and locally sourced ingredients whenever possible, and encourage children to try new foods—including fresh fruit and vegetables. Some herbs are grown in our own school “garden”.

What a balanced school diet includes:

- **Plenty of fruit and vegetables** – adding colour, flavour, and important vitamins.
- **Starchy foods** – such as rice, pasta, bread, and potatoes, including wholegrain options for fibre and energy.
- **Protein foods** – like lean meat, fish, eggs, beans, and plant-based alternatives.
- **Dairy or alternatives** – such as milk, cheese, yoghurt, or calcium-fortified plant drinks.
- **Small amounts of foods high in fat, sugar, and salt** – these are limited to keep meals healthier.

Drinks

Fresh drinking water is always available, and the only other drinks we might provide are lower-fat milk, calcium-enriched alternatives, and small portions of 100% fruit or vegetable juice.

Supporting all children

We provide a wide range of choices across the week, including vegetarian and meat-free snacks, and we take food allergies and intolerances seriously. Families and staff work together to make sure every child eats safely and confidently. Healthy and safe eating are part of PSHE curriculum and activities for both school and Nursery. Healthy eating is on the

agenda of curriculum meetings. The parents are invited to speak about nutrition and healthy food.

Our commitment

- Meals are served in a friendly, welcoming environment where children can enjoy eating with friends.
- Staff talk to pupils about what's on offer and encourage them to try new foods.
- We reduce salt, sugar, and unhealthy fats by following government food standards.
- We use seasonal, sustainable ingredients wherever possible.
- This guide from the NHS continues to recommend eating at least five portions of a variety of fruit and vegetables daily.

By building healthy habits in school, we're helping children make positive food choices for life.

Documents:

(<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>).

EYFS Nutrition guidelines, 2025