



# NEW PLYMOUTH BOYS' HIGH SCHOOL

TE KURA TAMATĀNE O NGĀMOTU

<b>Title</b>	<b>FOOD AND NUTRITION</b>
<b>Reference Number</b>	F603
<b>Section</b>	Students
<b>Written By</b>	BOT Policy Committee
<b>Checked By</b>	BOT Policy Committee
<b>Approved By</b>	NPBHS Board of Trustees
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<b>Associated Policies</b>	
<b>Associated Procedures</b>	

## DEFINITION:

Food and Nutrition refers to several important aspects of the environment that contribute to creating a healthy school. These include :

- provision of food that is consistent with the National Food and Nutrition Guidelines ;
- development of consistent messages about healthy eating throughout the school ;
- establishment of a food service that supports and reinforces classroom nutrition ;
- recognition of the positive influence that staff can have as role models for healthy eating.

## RATIONALE:

Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well being. Schools have a responsibility to help students and staff establish and maintain healthy eating patterns.

## PURPOSE:

1. To offer varied and nutritious food choices that are consistent with the National Food and Nutrition Guidelines.
2. To coordinate classroom nutrition lessons with other components of the school health programme as well as the school Tuckshop.
3. To reinforce healthy eating practices across the school curriculum. This includes not only opportunities that exist in Physical Education and Health but also Social Science, Home Economics, Science and Biology.
4. To ensure that students receive clear, consistent messages about the importance of healthy eating.



## **GUIDELINES:**

1. Food and beverages sold or served on school grounds or at school sports or social events shall reflect the aims of the school health programme and meet the standards of this policy. Where possible, foods available for school fundraising, at school camps, festivals and sports days will be consistent with this policy.
2. The preparation, packaging and storage of foods will be hygienic, and procedures of the highest standards will be followed.
3. The Tuckshop will vary menu options and promote foods that are low in fat, sugar and salt.
4. All food will be prepared and sold in a clean, smoke free environment.
5. Food service staff shall be supported and encouraged to work closely with teachers responsible for the school health programme to achieve common goals.
6. This policy shall only apply to the day school, and not the hostel.