



We are looking for a colourful plate of food!

Please can you

- ◆ make eye contact with the children
- ◆ insist on “please” and “thank you” from the children
- ◆ encourage children to ask (not point) to what they want
- ◆ encourage them to have something from the salad bar if they do not like the vegetables
- ◆ help them make healthy food choices - if they have pizza or a burger, they don't need bread
- ◆ look at portion sizes - children can always come back for more. (If they do, children must not take items with fingers—use a plate)
- ◆ ask if they enjoyed their food? (Feedback these comments daily, please)
- ◆ encourage independence in clearing plates at waste trolley
- ◆ ensure the children do not have food in their mouth when they leave the table
- ◆ ensure that children have drunk their water

We are **not** insisting on empty plates however it is important that every child should have sufficient for their needs.

It is important to get to know the children - if you know the child has eaten as much as they can, that's fine. If they have not tried, take some of the food off their plate and ask them back to try some more.

From September 2015, school food will contribute to how schools are rated by Ofsted in a new Common Inspection Framework.

“Inspectors will look for evidence of a culture or ethos of exercise and healthy eating throughout their entire inspection visit, in classrooms as well as the school canteen. They will look at the food on offer and visit the canteen to see the atmosphere and culture in the dining space and the effect it has on pupils' behaviour.”