



BISC Food Policy

2023-2024

1. Objectives

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possible. Therefore we recommend that parents be vigilant with regard to how much money they give their children to buy lunch. Parents should engage in conversation with their children as to what food choices they have made.

Parents should also be aware that it is the role of the form tutor, and whoever is on lunch duty, to encourage healthy eating habits and to feedback to parents whenever necessary. Food delivery(Uber Eats, Glovo, Domino...)

7. NHS Eatwell guide

Below, please see an extract from the Eatwell Guide from the NHS. It gives a clear suggestion of how your plate should be made up in most meals. Please follow [this link](#) for further information on the matter.

