

Healthy Eating Self Assessment

<p>Question 1 Do you visit local farms, fisheries, food processors or restaurants or invite their staff (e.g. farmers, fishmongers or chefs) into school?</p>	<p>Question 7 Is your canteen/lunch area a clean, safe and welcoming environment for all to encourage use?</p>
<p>Question 2 What is your schools take up on school meals and free school meals? Do you think there are ways you could improve this?</p>	<p>Question 8 Does your school have any edible hedges or fruit trees in the school grounds?</p>
<p>Question 3 Who are your school caterers, and do you work with them to ensure school meals are prepared from fresh, raw and local ingredients (where possible)?</p>	<p>Question 9 Does the school have access to a garden or allotment area for growing food or raising animals within or outside the school grounds?</p>
<p>Question 4 Do you work with your school caterers to increase the percentage of local, seasonal food in school meals?</p>	<p>Question 10 Do pupils learn about where food comes from and how it is grown?</p>
<p>Question 5 Do you or your catering provider use food grown in the school grounds for meals or cooking projects?</p>	<p>Question 11 Does your school currently run regular cookery sessions in schools using healthy recipes and fresh ingredients?</p>
<p>Question 6 Are meal times seen as a social occasion where staff and pupils sit and eat together, regardless of school meals or packed lunches?</p>	<p>Question 12 Do staff feel confident in delivering healthy eating, cooking and nutrition lessons?</p>