

Improving our food offer in Sunderland High School

Since the launch and regional conference Sunderland High School has embraced the School Food Plan. The caterers - Chartwell's have produced a super healthy, attractive and exciting menu working with their nutrition team. Nutritionists have compiled the menus and worked with the school to promote the healthy eating message to parents and pupils.

The school and Chartwells have hosted two Ready Steady Cook competitions with teams of staff and pupils promoting healthy eating at junior and senior school which were a great success. Nutritionists have delivered presentations on the nutritional quality of the meals and choices available at parents' evenings. Also providing a tasting opportunity for parents.

In the dining hall all meals are prepared from scratch including the bread; pupils are able to help themselves to salad and vegetables. A healthy fruit drink is available for pupils to dispense for themselves with their meal. An extensive range of new flavours has been introduced which include

- Lamb tagine
- Falafel
- Salmon tagliatelle
- Parsnips



On the walls in the dining room colourful posters and leaflets help promote the importance of healthy choices and make the dining space attractive.

At break time healthy snacks are available including fruit.

Food and Nutrition has always been a core subject in the curriculum at the school for the past 23 years in Years 7 -9. It is also available at GCSE and 'A' level and a number of students have gone onto study Food and Nutrition at degree level and are now working in the food industry.



For the past 10 years the school has provided cold water fountains where pupils can access cold water throughout the day. The school recognises the importance of pupil hydration.



At the junior and senior school sites land has been used to create a pupil allotment. Produce grown by the pupils has been used by the caterers. It will also be used in Food and Nutrition lessons.

Quotes from pupils

“The meals are healthy and delicious”

“I love the salmon tagliatelle”

“The apple and cinnamon crumble is amazing”!

Jackie Robson

Head of Food & Nutrition