

Appendix 1

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Public Health England in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland

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Appendix 2

The school food standards



Fruit and vegetables

- One or more portions of vegetables or salad as an accompaniment every day.
- One or more portions of fruit every day.
- A dessert containing at least 50% fruit two or more times each week.
- At least three different fruits and three different vegetables each week.



Starchy food

- One or more wholegrain varieties of starchy food each week.
- One or more portions of food from this group every day.
- Three or more different starchy foods each week.
- Starchy food cooked in fat or oil no more than two days each week.*
- Bread - with no added fat or oil - must be available every day.



Foods high in fat, sugar and salt

- No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated, each week.*
- No more than two portions of food which include pastry each week.*
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat.*
- Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food.
- No confectionery, chocolate or chocolate-coated products.*
- Desserts, cakes and biscuits are allowed only at lunchtime.
- They must not contain any confectionery.
- Salt must not be available to add to food after it has been cooked.*
- Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful.*



Meat, fish, eggs, beans and other non-dairy sources of protein

- A portion of food from this group every day.
- A portion of meat or poultry on three or more days each week.
- Only fish once or more every three weeks.
- For vegetarians, a portion of non-dairy protein on three or more days each week.
- A meat or poultry product no more than once each week in primary schools and twice each week in secondary schools*.



Healthier drinks

- Free, fresh drinking water at all times. The only drinks permitted are:
 - Plain water.
 - Lower fat milk or lactose reduced milk.
 - Fruit or vegetable juice.
 - Plain soya, rice or oat drinks enriched with calcium; plain fermented milk drinks.
 - Combinations of fruit or vegetable juice with plain water.
 - Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk, flavoured lower fat milk, all with less than 5% added sugars or honey.
 - Tea, coffee, hot chocolate.

Food provided outside lunch

- Fruit and/or vegetables available in all school food outlets.
- No savoury crackers and breadsticks.
- No cakes, biscuits, pastries or desserts.

Combination drinks are limited to a portion size of 330ml.

* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs. Information from 'The School Food Plan' website.