



LAMBERT SCHOOL

School Morning Tea & Lunch

- Food is prepared for students as a priority. Staff may also wish to partake but not before students except in special circumstances (e.g. first yard duty)
- Food is to be carefully and thoughtfully prepared and presented. The atmosphere during preparation, serving and cleaning up is to be convivial and courteous. Students should be orderly and well mannered, moving around carefully with food and drinks, sitting down to eat, responding positively to food they find personally challenging etc.
- The menu is chosen according to principles of nutrition, economy, variety and aesthetics. Students today are accustomed to fast food, and find vegetables, some meat dishes and some soups difficult. They should be encouraged to go outside their comfort zone and respond to challenges.
- Food from other cultures, such as Middle Eastern, Asian and European will widen horizons and hopefully encourage students to be more culturally aware.
- Cooking classes complement the school's provision of food and should reflect the principles outlined above. There should be a developmental sequence in the planning of lessons. Students keep recipe books and are encouraged to follow up with these by cooking at home.
- The educational values associated with the following are valuable points for discussion and research
 - Additives
 - Packaging
 - Hygiene and safety issues (e.g. temperature for storing foods)
 - Over-processing (e.g. pasta sauces, frozen dishes, pre-made soups)
 - Organic food production
 - Genetic modification of food crops
 - Disparity between the affluent and the world's poor
 - Heating up prepared meals
- Overall the school's healthy food program should embody the school's Credo.