

Missenden Healthy Promise

Eating, cooking and growing food in school are very important.

The 'Missenden Healthy Promise' is a promise of ten things about food which everyone in school will try to work towards.

1 Everyone is asked what they think about food at school

2 School dinners are delicious, tasty and good for the planet

3 Lunchtime is enjoyable

4 Food we bring into school is healthy

5 We can drink water whenever we want to

6 We learn how to cook wholesome and tasty food

7 We learn how to grow food and about composting

8 We visit farms and learn where our food comes from

9 We enjoy and have fun with food

10 School staff can learn more about cooking and growing if they want to

