

# The 'Big Eat Deal'

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

The 'Big Eat Deal' is a promise of ten things about food which everyone in school will try to work towards.

- 1** Pupil, staff and parents ideas about food in school are listened to
- 2** School dinners are healthy, 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** Staff, parents and the local community can learn more about cooking and growing if they want to
- 10** We enjoy and have fun with food



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