

Crich Junior School holds the Gold Food for Life School Award

# Spotlight on... Helping kids stay healthy

## Meet one school which grows its own fruit and veg to encourage pupils to choose healthier eating options.

You won't catch Crich Junior School pupils out with questions about where their lunch comes from – because they grow their own!

The school holds the Gold Food for Life School Award in a national scheme supported by Derbyshire County Council to encourage children to think about where their food comes from, how it's grown and how to prepare healthy, balanced meals.

Membership means a high percentage of their food is organic and meat is locally sourced. The pupils, aged from seven to 11, also sow and grow their own fruit and veg and even keep chickens for a daily supply of fresh eggs.

Headteacher Cheryl Julian said: "Being part of this scheme has certainly encouraged our pupils to choose healthier options at lunchtime and when children

are well fed they're more able to learn well.

"We grow our own fruit and vegetables which are sent to the cook to use in school meals. She also comes in and talks to the children so they have a say in what they like and want which means they really enjoy lunchtimes and take pride in their food.

"We also organise activities like farm visits so children understand environmental issues and where food comes from and then follow up these themes in cookery lessons and across the curriculum."

The children's meals are cooked at nearby Fritchley C of E Primary and if there are any surplus school-grown ingredients pupils are encouraged to take them home with a recipe card.

Find out more at [www.foodforlife.org.uk](http://www.foodforlife.org.uk)

