

Module Code: ECEY5009
Student Number: 24065098
Word Count: 827

Title: How to implement a healthy diet and nutrition in primary schools across Wales?

Link to Presentation:

[Level 5 - Module 2 \(Presentation\).mov](#)

Section 1: Introduction

- What is the purpose of this assignment?
- Why do I feel the urge to discuss this important topic?
- What will I propose in my research?

Section 2: Define the key concepts

- What is meant by 'healthy diet' and 'nutrition' in the context of primary schools as epitomised in the following reports:
 - o Welsh Government
 - o Department of Education
- Why is it important that staff members reinforce these key concepts in the wider curriculum?

Section 3: Problems with the implementation of a healthy diet and nutrition in primary schools in Wales.

- First issue: There is a "consistent lack of assessing, monitoring and reporting" of School Food Compliance (SFS) standards across Wales (Glimour and Fairchild, 2025).
- Furthermore, to make things worse, the eligibility criteria for the universal free school meals are not always taken up by pupils, which is a challenge to streamline access and reduce stigma in schools (WG, 2025).

Section 4: Compare and contrast the quality of food provision in primary schools across England and Wales.

- First Case Study: A school in North Wales was being enrolled into the 'Food and Fun' enrichment programme (Food and Fun, 2024). This course gave pupils and staff a better reinforcement of their own perceptions of nutritious eating and healthy diet and what is expected of them to keep up with the standards during the school day (NHS, 2024).

To make specific reference to WG 2025.

- Second Case Study: An estimated 12,000 school meals are being delivered to schools across Brighton and Hove every day. They get plenty of nutritious vitamins and minerals in these fruits and vegetables, that give children energy and sustenance during the school day (Brighton and Hove Food partnership, 2017). Seeking for alternative and sustainable food to keep up with these initiatives (Child Law Advice, 2025).

Section 5: Focus on how a healthy diet and nutrition in Welsh primary schools is deeply embedded in theory and practice.

- I will specifically focus on the following key theorists: Maslow's Hierarchy of Needs, Health Hexagon Model and Dahlgren-Whitehead Model.

Part I: Maslow's Hierarchy of Needs

- Healthy Eating in Schools (Wales) Measure 2009 emphasises that pupils have a right to drink water at any time during school day. They are exempt from having sweetened or flavoured waters.
- Water quenches first and it improves the enamel of your teeth (WLGA, 2021). This information ties well with Maslow's Hierarchy of needs, as because he suggested that pupils must drink to protect themselves from danger of serious complications, such as fatigues, headaches or digestive problems, in order to satisfy and not compromise their safety needs (Stoyanov, 2017).
- Other specific reference to Maslow's Third Hierarchy of Needs – equity and fairness in delivering safe and drinking water across the school.

Part II: Dahlgren and Whitehead Model

- Welsh Government works diligently hard with stakeholders to ensure that the implementation of universal free school meals is provided to every child across Wales, to alleviate some problems in schools (WG, 2022). - This also links with the model, since it emphasises for communities to work together to address fundamental issues affecting our society (Public Health England, 2017).
- However, it is sometimes difficult to conceptualise this model in pragmatic terms, which can cause a discourse between the different social determinants of health (Dahlgren and Whitehead, 2021). For example, it may be seen that

giving free school meals is socially desirable in Wales, but we cannot also forget that there are financial pressures being placed on schools for providing free school meals (WG, 2019).

Section 6: Proposing feasible solutions to addressing this issue of healthy eating and diet across Welsh schools.

- Revisiting the “Feed Me Better” campaign that was proposed by the celebrity Jamie Oliver in 2004 (Belot and James, 2011; UV GOV, 2017).
- Initiatives undertaken by the prominent football figure Marchus Rashford in providing free school meals across the UK during the pandemic crisis (Fairshare, 2022).
- Make reference to the Wellbeing of Future Generations Act 2015 – Did the Welsh Government realise their promises to delivering support for the younger generations by giving them healthy food to eat in Welsh schools? : This is one of the seven ambitious goals of wellbeing targets.
- Welsh Government must strengthen their commitments to work with suppliers and wider stakeholders to ensure that the distribution of food across the schools in Wales are effective and strategic as they should be. With the wider ambition of producing meals that are sustained with high-quality nutrients, and vitamins (National Cymru, 2022; WG, 2025).

Section 7: Conclusion:

- What does the evidence suggest that the Welsh Government should do in the future?
- Do you think that the targets are ambitious for the Welsh Government to realise them in the future?
- Will the Welsh Government strengthen their commitments to working with key stakeholders and suppliers to create a healthier quality of food provision across Welsh schools?

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Confirmation Sheet – Use of Generative AI

I confirm that I have not presented by AI generated text as my own work. I confirm that I have copies of my drafts, notes and other resources I used before, and after the use of AI tools which I may be asked to provide in evidence.

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