

## SCHEDULE 2

Regulations 5(2) and 6(2)

Standards applicable to food and drink provided to secondary school pupils

### PART 1

#### Secondary school meals and at other times

1. The requirements in this Part apply to the provision of food and drink for secondary school pupils—

- (a) as part of a school meal,
- (b) on the premises of secondary schools otherwise than as part of a school meal.

2. Oily fish must be provided at least once every 3 weeks.

3.—(1) No more than a total of 230 grams of specified meat and processed specified meat can be provided over the course of the school week as part of a school lunch and otherwise than as part of a school meal, of which no more than 130 grams can be processed specified meat.

(2) No more than a total of 115 grams of specified meat and processed specified meat can be provided over the course of the week as part of an evening meal, of which no more than 65 grams can be processed specified meat.

4. Portions of fruit or vegetables must be made available in any place on school premises where food is provided and—

- (a) a portion of fruit or vegetables is at least 80 grams (including fresh, frozen or tinned (drained weight)),
- (b) a portion of dried fruit is at least 30 grams.

5. Breakfast cereals provided must contain—

- (a) a total sugars content which does not exceed 15 grams per 100 grams,
- (b) a total sodium content which does not exceed 440 milligrams per 100 grams,
- (c) a total salt content which does not exceed 1.1 grams per 100 grams,
- (d) a total fibre content at least 3 grams per 100 grams.

6. Bread and bread rolls provided must contain a minimum of 3 grams of AOAC fibre per 100 grams.

7.—(1) With the exception of savoury snacks provided under paragraph 8, food that has been deep fried in the cooking or manufacturing process is not to be provided more than 3 times in a week.

(2) Chips can only be provided as part of a meal.

8.—(1) The following savoury snacks can be provided—

- (a) plain savoury crackers,
- (b) plain oatcakes,
- (c) plain breadsticks.

(2) Pre-packaged savoury snacks other than those mentioned in paragraph (1) can be provided only in individual portions of no more than 25 grams and must contain—

- (a) a total fat content which does not exceed 22 grams per 100 grams,
- (b) a total saturated fat content of no more than 2 grams per 100 grams,

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- (c) a total sodium content which does not exceed 600 milligrams per 100 grams,
  - (d) a total salt content which does not exceed 1.5 grams per 100 grams,
  - (e) a total sugars content which does not exceed 3 grams per 100 grams.
- 9.** Pastry and products containing pastry can be provided no more than twice a week.
- 10.** No confectionery can be provided.
- 11.** Sweetened yoghurt, fromage frais or other milk based desserts can be provided only in individual portions which do not exceed 175 grams and each portion must contain—
- (a) a total sugars content which does not exceed 10 grams per 100 grams,
  - (b) a total fat content which does not exceed 3 grams per 100 grams.
- 12.** Each portion of sweetened baked products and desserts provided must contain—
- (a) a total sugars content which does not exceed 10 grams,
  - (b) a total fat content which does not exceed 19 grams,
  - (c) a total saturated fat content which does not exceed 6 grams.
- 13.—**(1) No salt is to be provided to add to food after the cooking process is complete.
- (2) Other condiments can be provided only in individual portions of no more than 10 millilitres.
- 14.—**(1) Oils must contain a total saturated fat content which does not exceed 16 grams per 100 grams and—
- (a) a total monounsaturated fat content of at least 55 grams per 100 grams, or
  - (b) a total polyunsaturated fat content of at least 30 grams per 100 grams.
- (2) Fat spreads must contain—
- (a) a total saturated fat content which does not exceed 20 grams per 100 grams,
  - (b) a combined total monounsaturated and polyunsaturated fat content of at least 30 grams per 100 grams.
- 15.** Only the following drinks can be provided at any time during the secondary school day—
- (a) plain water (still or sparkling),
  - (b) plain milk and calcium enriched milk alternatives,
  - (c) milk drinks with no added sugar,
  - (d) drinking yoghurts with no added sugar,
  - (e) tea and coffee,
  - (f) sugar-free drinks.
- 16.—**(1) Milk must contain a total fat content which does not exceed 1.8 grams per 100 millilitres.
- (2) Calcium enriched milk alternatives must contain—
- (a) a total fat content which does not exceed 1.8 grams per 100 millilitres,
  - (b) a total sugars content which does not exceed 0.5 grams per 100 millilitres.
- (3) Milk drinks and drinking yoghurts must contain—
- (a) a total fat content which does not exceed 1.8 grams per 100 millilitres,
  - (b) a total sugars content which does not exceed 5 grams per 100 millilitres.
- (4) Sugar-free drinks must contain—

- (a) a total sugars content which does not exceed 500 milligrams of sugar per 100 millilitres,
- (b) a total caffeine content which does not exceed 150 milligrams per 100 millilitres.

## PART 2

### Secondary school meals only

**17.** The requirements in this Part apply to the provision of food and drink as part of a school meal for secondary school pupils.

**18.** An analysed lunch must—

- (a) be offered each day,
- (b) be clearly identified as meeting the energy and nutrients standards set out in schedule 3,
- (c) be offered for no more than the value of a school lunch provided under section 53(2) of the Education (Scotland) Act 1980.

**19.** At least two portions of vegetables and one portion of fruit must be offered as part of an analysed lunch and an evening meal and—

- (a) a portion of fruit or vegetables is at least 80 grams (including fresh, frozen or tinned (drained weight)),
- (b) a portion of dried fruit is at least 30 grams.

**20.** A school lunch that is not an analysed lunch is to include one portion of salad or vegetables as part of the price of the lunch (or as part of a school lunch provided under section 53(2) of the Education (Scotland) Act 1980), and a portion is at least 80 grams (including fresh, frozen or tinned (drained weight)).