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SCOTTISH STATUTORY INSTRUMENTS

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**2020 No. 153**

**The Nutritional Requirements for Food and  
Drink in Schools (Scotland) Regulations 2020**

**Interpretation and application**

2.—(1) In these Regulations—

“analysed lunch” means a two course school lunch offered to secondary school pupils that is chosen from a clearly identified, set menu which offers a minimum of two options for a main course and at least one other course and which is designed to meet the energy and nutrient standards set out in the table in schedule 3,

“bread and bread rolls” includes ciabatta, focaccia, nan, pitta, chapatti and tortilla,

“confectionery” includes—

- (a) chewing gum,
- (b) processed fruit bars,
- (c) wholly or partially yoghurt-coated products,
- (d) non-chocolate confectionery (whether or not containing sugar),
- (e) chocolate in any form and any product containing or wholly or partially coated with chocolate or any chocolate flavoured substance,

but does not include cocoa powder used in sweetened baked products and desserts or in drinks,

“evening meal” means any food or drink provided by an education authority as a meal at the end of a school day for consumption by pupils in attendance at a hostel provided and maintained by the education authority,

“free sugars” means—

- (a) all sugars in table sugar, honey, sucrose, glucose and glucose syrups and lactose or galactose added to foods (including whey powder),
- (b) all sugars in drinks including sugars naturally present in fruit and vegetable juices and the fruit and vegetable component of smoothies, and sugars in milk substitutes but not lactose naturally present in milk or in products containing milk,
- (c) all sugars in fruit and vegetable purees and pastes, including jam and preserves, and products made from extruded fruit or vegetables, (but not the sugars integrally present in the cells of foods such as fruit and vegetables, including in dried, stewed or canned fruit),

“fruit juice” means a product defined in regulation 2(1) of, as read with schedule 2 of, the Fruit Juices and Fruit Nectars (Scotland) Regulations 2013 <sup>M1</sup>, or a product defined as “fruit juice from concentrate” in regulation 2(2) of, as read with schedule 3 of, those Regulations,

“primary school pupil” means a pupil receiving primary education,

“pupil” does not include pre-school children as defined in section 1(4B) of the Education (Scotland) Act 1980 <sup>M2</sup>,

“savoury snack” means any pre-packaged item which may be consumed without preparation and consists of or includes as a basic ingredient potatoes or other root vegetables, cereals, nuts

or seeds, but does not include nuts or seeds without added salt, sugar and fat, sandwiches or cereal bars,

“school lunch” means any food or drink provided in the middle of the day for consumption by pupils as a midday meal on a school day,

“school meal” means a school lunch or an evening meal,

“secondary school pupil” means a pupil receiving secondary education,

“specified meat” means beef, goat, lamb, pork and venison, and offal from the sources of such meat, and “processed specified meat” is specified meat that has been preserved through salting, curing, smoking or adding preservative but does not include specified meat to which ingredients such as eggs or breadcrumbs have been added, and the quantities of specified meat and processed specified meat referred to in these Regulations refer to the cooked weight,

“sweetened baked products and desserts” includes cereal bars but does not include pastry and products containing pastry,

“total sugars content” means all sugars including free sugar, the sugars naturally present in milk and the sugars integrally present in the cells of foods such as fruit and vegetables, including in dried, stewed or canned fruit,

“vegetable juice” means juice extracted from vegetables or tomatoes with no other substance added except any water extracted during concentration.

(2) Nothing in these Regulations applies to any food or drink provided—

- (a) by parents or pupils,
- (b) at any social, cultural or recreational event or to mark any religious or cultural occasion,
- (c) for use in teaching food preparation and cookery skills, provided that any food so prepared is not served to pupils as part of a school meal,
- (d) as part of a medically prescribed diet for any pupil.

<sup>F1</sup>(3) .....

<sup>F2</sup>(4) .....

**Textual Amendments**

**F1** [Reg. 2\(3\)](#) omitted (16.11.2023) by virtue of [The Nutritional Requirements for Food and Drink in Schools \(Scotland\) Amendment Regulations 2023 \(S.S.I. 2023/267\)](#), regs. 1, **2(a)**

**F2** [Reg. 2\(4\)](#) omitted (16.11.2023) by virtue of [The Nutritional Requirements for Food and Drink in Schools \(Scotland\) Amendment Regulations 2023 \(S.S.I. 2023/267\)](#), regs. 1, **2(a)**

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**Commencement Information**

**I1** [Reg. 2](#) in force at 8.4.2021, see [reg. 1](#)

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**Marginal Citations**

**M1** [S.S.I. 2013/305](#).

**M2** [Section 1\(4B\)](#) was inserted by section 32(5) of the Standards in [Scotland's Schools etc. Act 2000 \(asp 6\)](#).

**Changes to legislation:**

There are currently no known outstanding effects for the The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2020, Section 2.