

# The Children's Workshop

## HEALTHY EATING POLICY

EYFS: 3.47 – 3.49

*'Good health in the early years helps to safeguard health and wellbeing throughout life. It is important that children develop healthy habits when they first learn about food and activity'* (Early Years Foundation Stage, DfES, 2008).

At the Children's Workshop our aim is to help our children to develop healthy habits when they are learning about diet, good health and the nutritional benefits of food and activity.

We plan activities, including professional talks by doctors and dentists, which help the children to develop positive attitudes towards diet, health and oral hygiene. Revisiting activities throughout the year ensures that they are constantly building on their knowledge and understanding of a healthy lifestyle.

All staff responsible for food preparation and handling of food and are competent to do so and have the appropriate Level 2 food hygiene/safety e learning qualification. which is updated every three years.

At the Children's Workshop we believe that mealtimes should be happy, social occasions for children and staff alike. We promote shared, enjoyable positive interactions at these times.

### **Snacks**

We provide a self-service snack area open throughout the session to ensure children receive appropriate levels of energy and nutrition. Using age-appropriate equipment, children can help themselves to a healthy snack consisting of fruit, vegetables, rice cakes, cereals, biscuits or bread sticks. We ensure that all our food is low in fat, sugar and salt, falling in line with government guide lines to promote healthy eating and help combat the increase of obesity in young children.

Information is made available to parents/carers regarding snacks provided for the children on a daily basis.

### **Drinks**

The children have access to fresh drinking water throughout the session and we encourage them to have a drink, especially in hot weather or after they have been more active. We often talk to the children about the health benefits of drinking water during activities. Milk is also available throughout the session.

### **Lunch**

Parents/carers provide a packed lunch for their children and are reminded of our healthy eating policy both verbally and via regular news-letters. We advise them about what can be stored safely and about appropriate food content.

Staff will be good role models for healthy eating.

Staff will pro-actively involve children at meal times to create a social occasion which provides opportunities to promote children's social and educational development as well as encourage good eating habits and table manners. During snack or lunch time we sit with the children and talk to them about table manners, thus promoting good social eating skills and a calm atmosphere in which to enjoy a their meal.

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Fussy eaters will be encouraged (but not forced) to eat. Praise will be given when the child eats, food will be removed without judgement if the child refuses food. Staff will always show great sensitivity towards any dietary requirements a child may have and will always follow parent's instructions. Any food left uneaten will be sent home in the child's lunch box so that parents can monitor what they are eating from day to day.

Children will be given as much time as they need to finish meals.

In the very unlikely event of any food poisoning affecting two or more children on the premises, whether or not this may arise from food offered at the pre-school, we will inform Ofsted as soon as reasonably practical and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given.

## Allergies

The setting will obtain and record necessary information from parents/carers regarding any ethnic/cultural or special dietary requirements, preferences or food allergies. This information is passed onto all of our staff and displayed daily in the snack area. We give careful consideration to seating to avoid cross contamination of food from child to child. An adult will sit with children during meals to ensure safety and minimise risks. Where appropriate, age/stage discussions will also take place with all children about allergies and potential risks to make them aware of the dangers of sharing certain foods.

We **do not** allow parents to bring in cakes on special occasions.

<b>This policy was adopted on</b>	<b>Signed on behalf of the Pre-School</b>	<b>Date for review</b>
<i>November 2018</i>		<i>November 2019</i>