



HEALTHY EATING POLICY

Food plays a crucial role in our lives enabling us to refuel our bodies so they work efficiently. Food is an important factor in good child development. Eating is a social experience valued in all religions and societies. It is an opportunity to sit together, share ideas and thoughts, bond, and reflect on the events of the day.

- We provide healthy meals, snacks and drinks every morning and afternoon. The snacks consist of fresh fruit, raw vegetables and milk or water to drink.
- We ask parents whether their child has any food allergies and/or religious food preferences so we can record this information making this available to all staff members.
- Staff have a positive attitude towards the snacks provided, because children learn to like or dislike a taste by copying others.
- Opportunities are provided through planning, to ensure all children are involved in cookery sessions using a variety of different recipes.
- Parents who provide the main meals for their children, (lunch and tea) are encouraged to provide a healthy and well balanced meal for their child that would include fruit, vegetables, protein, fats and carbohydrates.
- For any parent not providing healthy and well-balanced meals, we would talk to them about nutrition and suggest meals that are more suitable. We regularly send out ideas for packed lunches and meals to help parents provide healthy meals for their child.
- All perishable foods are labelled and stored in the fridge until meal times. The fridge temperature is monitored and recorded every morning.
- We have fresh milk delivered and tap water. Children in the baby room have their own labelled cups available to them constantly through the day.

Children in the other classes are able to access milk and water throughout the day. During the summer months we monitor children's drinking to ensure they do not get dehydrated.

Benefits of supporting healthy eating for children

Right through our lives our diet is an essential and important part of our life and this is extremely important when it comes to children. Children need to maintain a healthy lifestyle and one of the key components of this is a healthy diet. This can help to increase energy, concentration, maintain growth, reducing obesity and help improve immune systems.

If children do not eat healthy, well-balanced meal then this can lead to reduced concentration levels, obesity, as well as a long list of health problems throughout their development and future life.

What food should children be eating to keep healthy

Children need to be eating and drinking a well balanced diet that need all of their need for their growth and development. There are three main macronutrient food groups that should be understood – Protein (chicken, turkey, beef, fish, milk, eggs), Carbohydrates (rice, pasta, potato, bread, vegetables), Fats (avocado, nuts, seeds). After this, there are other macronutrients you should be thinking about for your child such as – Calcium (milk, yogurt, green leafy vegetables), Iron (lean meat, liver, wholegrain cereals), Vit A (Milk, eggs, carrots, fortified fat spreads), Vit C (citrus fruits, berries, pepper, broccoli), Vit D (eggs, oily fish, soya drinks), Long chain omega 3 fatty acids (Oily fish such as salmon, mackerel, trout and sardines)

How we support healthy eating in the setting

At nursery we always support healthy eating and this is a big part of our teaching. Children are educated on the benefits of eating healthy food and drinks. Throughout the day children are offered milk and water as they need it and at meal and snack times. As along with eating the right foods, children must be kept hydrated at all times.

During snack time older children are allowed to serve and semi-prepare their snacks for themselves to help teach them independence. We always run a healthy snack bar that includes a large selection of fruits and vegetables.

Sources of information and advice on dietary concerns

Some children's diet may be affected by their religion. If Muslim, then they may not be allowed to eat eggs or pork. If this is the case then it is important not make that child feel any different other children and respect their religions wishes. Protein sources can be made up from many other places to replace eggs and pork such as chicken, turkey, beef etc...

Some children may also have intolerances or allergies to certain food. Again, these children should not feel any different to other children. Some children may have a severe allergic reactions to peanuts. Due to this our setting hold a 'No Nut Policy'. This is the ensure that no foods are cross contaminated by mistake or by the children themselves swapping foods or coming in to contact with any nuts.