

Healthy Eating Policy

Diet and Health

'Children's health is an integral part of their emotional, mental, social and spiritual well being and is supported by attention to these aspects. Diet is central to health and children's diet can be an important influence on their health now and in the future. Nutritional status can have immediate impact on the health of children and young people. A poor diet can contribute to anaemia, dental decay, obesity, susceptibility to illness and adversely affect general health.' (DfES, 2007)

AIM

In the early years it is important that children develop healthy habits about food and activity which will help to safeguard them throughout life.

Staff at Knowle Nursery are committed to raising awareness for healthy eating and we endeavour to develop healthy eating and drinking activities that will benefit the children.

PROCEDURE

DRINKS:

- Children at Nursery must have access to drinking **water** at all times. We have been checked on by Surrey Early Years to see that this legal requirement is carried out. Please provide your child with a leak proof cup or bottle with water, they can operate themselves. It must be named for obvious hygiene reasons. Most children cannot recognise their name, especially when they start, so please be inventive with a mark or picture they will recognise. This cup must be placed in your child's tray every day. A very young child will not always be able to tell us, especially if they are shy, that they are thirsty, but if they know where to find their drink they will be more settled. We would encourage you to only provide water. Please take this home each day to wash, as we are unable to wash cups brought from home at the end of each morning.

SNACK:

- The Nursery provides semi-skimmed milk & tap water at snack time.
- Your child will have a snack mat that can be found on the snack trolleys in each room.
- The Rabbit & Hedgehog snack trolley can be found in the kitchen.
- The Badger snack trolley is also located in the larger room by the sliding doors.
- Please encourage your child to place their snack on this mat, so when we tell your child to get their snack, they know where it is. Leaving a snack in a child's bag can cause distress, as they think they do not have one! Please also name the snack. The snack mats remain at Nursery.

Suggested snacks - Fruit / Vegetables / Rice crackers / Bread sticks / Hard cheese

LUNCH:

- We ask that you provide a small nutritious lunch keeping in mind the following:
- Easy to open containers or packaging, we try to promote the children's independence.
- Not too much food, as time can be an issue.
- No hot food or anything that needs special requirements.
- No fizzy drinks OR squash. Your child will bring home everything they did not eat, this is so you are aware of what your child finishes. Please avoid cartons with straws as they get packed into their bags with inevitable leakage!
- Healthy well balanced lunch.
- If you would like advice or ideas please ask a member of staff (We have been doing it for years!).

Suggested portion sizes – half a round of sandwiches, pitta bread or pasta, pieces of cut up raw vegetables and fruit and a yoghurt or small portion of cheese. Please provide a spoon for the yoghurt. Please peel fruit if your child won't eat skin!

We are very good at encouraging your child to try what is in their lunchbox so don't be afraid to give them something they sometimes don't eat at home.

- **PLEASE DO NOT SEND YOUR CHILD IN WITH SWEETS / CHOCOLATE / BISCUITS OR CRISPS**
- Snack time is promoted as a social time to sit with friends.
- Lunch time is a calm social atmosphere.
- Staff sit with children at lunch time and encourage good table manners. Children are expected to say please, thank you and to ask to leave the table.
- We encourage children to taste fruit and vegetables and fresh fruit drinks eg. smoothies through tasting activities and cooking.
- Parents are discouraged from sending their children into nursery with a bottle or dummy in order to promote good oral health.
- We take into account ethical, religious and medical diets when celebrating special events.
- A snack would be provided for a child who arrives at nursery hungry and may not have had breakfast. We would discuss this with the parent and if it continues on a regular basis we would follow the procedure in our Safeguarding policy.