



Be Happy Preschool,
St. Paul's Church,
Stoke Road,
SL2 5AS
01753 424070
07459 943353

Be Happy Preschool Health Eating Policy

The basis of adult good health is laid down in a child's early years. We recognise that feeding young children a nutritionally adequate diet is of lasting importance. Taking into account that children between the ages of 2 to 5 need food between meals, because their stomachs are so small and that three small meals plus 1, 2 or 3 snacks is the recommended eating pattern. Nursery snacks are designed to complement main meals and are light and nutritious.

Snack time can reinforce children's understanding of the importance of healthy eating.

Snacks

- All snacks provided are nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings.
- Children are provided with their choice of water and whole milk to drink.
- A selection of fresh fruit or vegetables, cut into child sized pieces, is placed on the snack table every day
- No additional salts or sugars are provided.
- New tastes will be introduced regularly and food is presented in an attractive and enticing way.
- All snacks provided are nutritious and take into account children's particular dietary requirements.
- Cooking and baking activities with children provide healthy, wholesome food, promoting and extending the children's understanding of a healthy diet.
- Baking is established as a regular part of the Nursery Curriculum
- Families' ethnic and cultural traditions are observed to ensure that children from all backgrounds have the opportunity both to encounter familiar tastes and try new foods.
- Allergies and food intolerance are specially noted and catered for.

Special Diets

- Parents and carers are asked to notify staff of any special dietary requirements at enrolment.



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- We ensure that the kitchen area is clean – and that all utensils and equipment are cleaned regularly.
- Aprons, used exclusively for baking and cooking activities, are provided whenever food is being prepared.
- All children using utensils or equipment for cooking or baking are closely supervised.
- A safe storage area, out of children's reach, is used to keep sharp knives, cleaning materials, etc.

- Children do not have unsupervised access to the kitchen area.
- Refer to the Nursery Health and Safety Policy and for further guidance.
- A risk assessment has been carried out in the kitchen area to minimize the risk to children and staff during food preparation.

Social Skills

- Snack time is a pleasant and relaxed social experience enjoyed as a group, and an excellent opportunity to build children's social skills.
- Children are encouraged to serve themselves eg pouring drinks, passing around plates.
- Table manners and eating skills are promoted.
- No child is forced to eat or punished for not eating.
- Uneaten food is removed without comment.
- Children help to set the tables every day and regularly help in the preparation of snacks.

The Preschool curriculum

- Snack time helps to develop a child's personal and social skills.
- Introducing foods from other parts of the world introduces tastes and smells found in exotic places and can develop knowledge and understanding of the world and the rich variety of cultures within it.
- Food provides a fun and tasty way of introducing shapes, textures, fractions and lots of mathematical language.
- We enjoy stories, poems, songs, rhymes and reference books about food.
- We talk about the importance of a balanced diet including lots of healthy foods to keep ourselves fit, healthy and enable us to grow.
- We use some food items at arts and crafts to explore textures, colours, shapes, printing, etc
- Exploring food develops sensory perception (taste, smell, texture, sound, shape, colour) and associated language.



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This policy was adopted by

Be Happy Preschool

On

20/04/2015

Date reviewed

05/02/2019

Signed on behalf of the provider

Hellen Lawuo-Meena

Name of signatory

Joanne Poole

Role of signatory (e.g. chair, director or owner)

Manager
