



Healthy Eating Policy

Rationale:

“Healthy eating and physical activity are essential for everyone. Eating well is particularly important for children, both for growth and development and to ensure that all children achieve their maximum physical and mental potential.”

Dr Helen Crawley, Eating Well for Under 5's in Childcare.

Purposes and Outcomes:

Guidelines:

At Appletree Nursery School we will:

1. Provide a daily healthy snack for children to eat and enjoy together
2. Have chilled milk and water readily available throughout the session
3. Display the snack menu with our planning
4. Ensure children are actively involved in all aspects of food preparation
5. Make eating times social events
6. Make children aware of food hygiene routines
7. Encourage children to widen their food choices
8. Value the contribution which different cultures and nationalities make to the variety of foods we eat
9. Sit with the children and provide role models re socialising along with making healthy food choices
10. Provide an attractive and appropriate eating environment
11. Avoid offering sugary food and drinks
12. Provide homecorner and role-play resources and books to support healthy lifestyles
13. Ensure all staff are made aware of any child having a food allergy
14. Promote healthier lunch boxes by providing guidance for parents/carers and encouraging the children to be aware of making health food choices
15. Provide dental hygiene for children staying for lunch.

Equal Opportunities:

At Appletree Nursery School we believe that all children and their parents/carers should be respected as individuals and their food preferences and religious requirements should be accommodated within the framework of the whole School policy.

Involving Parents/Carers:

Appletree Nursery School is committed to working in partnership with parents. We make sure that parents are made aware of our commitment to promoting healthy, varied and enjoyable food in our Prospectus. Snack menus are made available to parents with our planning and we find out about special diets/allergies during our Induction Programme. We work with parents to celebrate festivals.

Adult Role:

Adults have a key role in influencing children's attitudes and choices. At Appletree Nursery School adults seek to:

-  Be a positive role model; provide an opportunity for children to learn about food, food sources, nutrition, health, seasons and growing cycles and other people's ways of life.
-  Talk about the important role that food plays in holidays and celebrations
-  Promote the concept that mealtime is not only for eating , but also for learning and socialising
-  Eat alongside children and encourage them to taste new and different foods
-  Support children with special needs when eating
-  Teach table manners—being seated when eating, saying please and thank you, not talking with food in their mouths, giving time for eating
-  Encouraging health and safety when preparing and eating food, use of tools, hand washing etc

Monitoring and Evaluation:

The headteacher will meet half termly with the Healthy Eating Coordinator and the Lunch Club Supervisor to monitor the implementation of the policy and to evaluate impact on improving outcomes for children.