

Appletree Nursery School

Healthy Eating Policy

Aim To encourage children at Appletree Nursery School to experience and enjoy a wide variety of healthy food choices that will enhance their physical and mental well being.

Snack Time

- Children to have the choice of milk or water
- Suitable health snack to be provided - (See Appendix A)
- Enable children to make an informed choice of snack
- Hands to be washed prior to snack time
- Adult support to encourage good behaviour
- Develop good eating skills
- Promote a social atmosphere of conversation
- Sharing to be encouraged
- Any food allergies to be taken into account
- Snack menu displayed to inform parents

Lunch Club

- Parents to be advised on suitable contents of packed lunch - (See Appendix B)
- Chocolate / sweets to be discouraged
- Pure fruit juice and sugary drinks to be discouraged
- Children to be seated and their meal completed at the table
- Adult support at all times

Curriculum

- Food themes to be incorporated into the Nursery plans
- Children to be given the opportunity to experience a variety of foods and flavours, including food from different cultures
- Children to have the experience of baking / cooking
- Opportunity to make own snacks e.g. sandwiches, pizza

Smile for Life

- Accreditation for Smile for Life to be done annually
- Children's birthday cakes to be taken home to be eaten after meals
- No sweets are to be used in school for birthdays or as a means of reward

Fruit shop

- Children and parents to be given opportunity to buy fresh fruit or vegetables at end of session for children to eat on way home, rather than have sweets or chocolate

APPENDIX A

Ideas for suitable snack

- Peeled and chopped fruit and vegetables with/without dips
- Dairy foods e.g. cheese cubes with/without crackers
- Variety of breads e.g. pitta bread, potato cakes, rice cakes
- Variety of savoury biscuits e.g. water biscuits, breadsticks, melba toast with spread

APPENDIX B

Lunchboxes

Parents are to be encouraged to provide a healthy lunchbox to provide a balanced diet that incorporates “the balance of good health” i.e. choosing foods from the four largest group every day to ensure that they obtain the wide range of nutrients their bodies need to grow, develop and/or function properly and stay healthy. Parents are asked to ensure foods such as grapes are cut in half and carrots and cooked sausages are cut into length strips not circular ‘disks’, to avoid choking risk. Parents are told that nuts must not be put into lunch boxes. Children are not permitted to bring strawberries, kiwi fruit or nuts due to these being common allergies. Children will not be given chocolate bars, sweets or fizzy drinks in their lunch box in order to promote health eating and prevent tooth decay.

Groups of Food

- Fruit and vegetables
- Bread, other cereal and potatoes
- Meat, fish and alternative
- Milk and dairy foods

Foods containing fat and sugar should be eaten sparingly and not instead of foods from the main four food groups.

Guidelines for a healthy diet

- Enjoy your food
- Eat a variety of different foods
- Eat the right amount for a healthy weight
- Eat plenty of foods rich in starch and fibre
- Eat plenty of fruit and vegetables
- Do not eat too many foods that contain a lot of fat
- Do not have sugary foods and drinks too often

