



Healthy Eating Policy

Reviewed October 2016

Cherry Tree Nurseries aim to encourage children into a healthy lifestyle and diet. We understand that establishing a balanced diet in childhood helps to build healthy eating habits for life. In order for us all to meet our full potential we need to be healthy and fit-physically, mentally and socially. This policy states the ways in which our nursery supports our children to develop the skills and attitudes that will help them make informed healthy choices both in and out of nursery.

Aims

- To make the provision and consumption of food and drink an enjoyable and safe experience.
- To improve the health of children, staff and their families by helping to influence their eating and drinking habits through increasing their knowledge and awareness of food issues.
- To provide a consistent programme of cross-curricular nutrition education.

We aim to encourage our children to develop positive attitudes to becoming healthy, happy members of the community by:

- Only providing snacks that are nutritious and healthy.
- Encouraging enjoyment of exercise and fresh air.
- Teaching about healthy foods, keeping safe, respecting others, their faiths and cultures.
- Organising visits from other agencies e.g. school nurse to talk to parents and children on a range of health related issues.

Objectives

- To work towards ensuring that this policy is both accepted and embraced by staff, support staff, children and parents.
- To integrate these aims into all aspects of nursery life, in particular food provision within nursery, the nursery curriculum and social activities.

Provision of food and drink across the nursery day

We provide fresh whole milk, as much fresh fruit each child can eat, a balanced dinner, a variety of tea time foods, with vegetables at lunch and 'veggie sticks' for tea.

The older children are able to access water throughout the day from the water dispenser in the classroom. For the younger children we use named beakers which are sterilised and filled with fresh water.

Curriculum, Teaching and Learning

Whenever possible the children are encouraged to prepare and taste traditional foods from other cultures around the world for example through the celebration of different festivals and how the food makes us grow through the implementation of the EYFS curriculum.

The children are given the opportunity to use all their senses as appropriate to explore different foods as part of themed work.

Children with Special Education Needs

All staff are made aware of any medical/allergic conditions of individual children upon admission and through staff meetings, discussion and clearly displayed notices. Information relating to individual needs is discussed with all parents before their child's admission to Nursery.

All dietary requirements are met. Where we can try and make the substitute look the same as what we have on the menu for that day.

Physical activity

We encourage all the children to join in with physical activities both in and outdoor, we carry out many different activities such as races, yoga, singing and dancing, circle games, football and obstacle courses. We follow a daily routine that takes the children outside twice a day joining good whether we will spend as much time outside as possible including snack or tea time where we would have a picnic, we use a free flow system in summer for the children in preschool.

Parental Involvement

Parents are invited to have a copy of our three week menu for lunch and tea. All requirements for each individual child is discussed on admission. We also value any recommendations to the food and drink we provide.

Oral health

We understand that we need to look after our teeth and educate the children with this in mind. We are mindful in what drinks and snacks we provide in the nursery and only use dried fruits as part of our main meal. We encourage parents to reduce or eliminate the use of pacifiers and we display leaflets for parents regards oral health on our parent's notice board and give advice where appropriate. We invite the oral health team in yearly to talk to the children ad train staff.

Food Hygiene

Children are always reminded about the importance of hand washing before eating or handling food.

Whenever children work with food in the classroom they are helped to follow basic hygiene routines including; wearing a food preparation apron, using clean equipment, always washing hands before and after working with the food, using an individual spoon etc. when tasting food.

To be reviewed October 2017