



Healthy Eating Policy

Introduction

Plympton St Maurice Childcare Centre is committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy life style is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

As a school we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

1. Aims and Objectives

- To improve the health of the children, staff and the whole nursery community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure children are well nourished at nursery and that every child has access to safe, tasty and nutritious food and a safe, easily available water supply during the nursery day.
- To ensure that food provision in the nursery acknowledges the ethical and medical requirements of staff and children e.g. religious, vegetarian, medical and allergenic needs.
- To introduce and promote practices within the nursery to reinforce these aims and to remove or discourage practices that negate them.

2. Organisation – Learning

- We regard healthy eating as a whole-nursery issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.
- Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through our learning.
- All children have the opportunity to learn about safe food preparation and to learn about where food has come from. Children learn about the requirements for plant growth, the food chain and the components of a healthy diet through learning.

3. Organisation – Management of Eating

- Plympton St Maurice Childcare Centre, we have agreed the following statements:
- All children will benefit from our healthy snacks.
- All children are encouraged to have a drinks bottle so they can have access to water/drinks throughout the day.

- Chocolate, sweets, biscuits, crisps and cakes are actively discouraged as everyday snacks in school or as part of lunch boxes. Chewing gum and fizzy drinks are not permitted on the nursery premises.
- Children’s lunch boxes should offer balanced nutrition.
- The contents of children’s lunchboxes will be monitored e.g. once a term, by staff.
- Because we recognise that there is no such thing as “bad food”, we teach the children to enjoy treats in moderation. Crisps and chocolate bars continue to be discouraged.
- The nursery community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be displayed in each kitchen.
- Children are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts. This is communicated through the newsletter. Plympton St Maurice Childcare Centre cannot guarantee that all parents will comply with the request.
- Portion - no child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to “try a little bit more” if they can to ensure that they are not hungry later on in the day.

4. The role of Parents:

- The nursery is aware that the primary role model in children’s healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at our nursery through mutual understanding, trust and co-operation.

This policy was written and agreed on:.....

Signed by the chair:.....

To be reviewed on:.....

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