



Healthy Eating

Policy

Dunscore Pre School believes that the promotion of children's healthy eating is an important aspect of high quality childcare and that all children should have a positive experience in order to develop life long healthy eating habits. Consequently we have an ideal opportunity to support the development of positive food habits.

We promote healthy eating by providing a well-balanced and nutritious range of foods and drinks for snack to help develop their health and well-being. We believe that children's language and social skills can be developed through sharing a positive food experience with others. We make every effort to consider the individual and cultural needs of the children.

Procedures

Menu Planning

Dunscore Pre School Centre will ensure that a well-balanced, healthy and nutritious diet is provided for all children. When planning our menus staff will consider the individual, nutritional needs of the children, their stage of development, their cultural background and pay particular attention to any allergies they may have. Our menus take account of food preferences, and are also adaptable to reflect food relating to topics, festivals and food from around the world

Our menu is carefully planned to ensure children experience a wide variety of food options from the different food groups, and fresh fruit, milk and water will always be available. Water is available to all children throughout the session. Food containing large quantities of fat, sugar artificial additives and colouring will be avoided.

Further information on Menu Planning can be found in *Setting the Table, Nutritional Guidance and Food Standards for early years childcare providers in Scotland* (NHS Scotland 2015 p76).

Environment

Our environment is calm and welcoming and encourages positive social interaction amongst children and staff. Staff sit down alongside the children, and snack times are used to develop good table manners, establish healthy eating patterns and develop regular eating routines. We encourage independence skills by offering children food and drink choices, and encouraging children to serve and feed themselves. Children are given time to eat at their own pace and are never rushed.

Good Eating Habits

We encourage positive eating habits and provide an enjoyable, flexible eating experience enabling children to develop good eating patterns. Children experience a variety of different foods and are regularly introduced to new foods. They are encouraged to try small quantities of all types of foods unless on a special diet or for cultural reasons, and are positively rewarded.

If a child does not want to eat a particular food or shows signs of distress the food is removed, without fuss, after a reasonable time, and an alternative healthy snack offered. Relevant information regarding the child's eating habits is recorded and shared with parents.

We maintain a consistent approach in relation to children's eating habits and offer praise and encouragement whenever possible. Through play positive attitudes to healthy eating should be developed.

Partnership with Families

We work in partnership with parents, NHS Childsmile and any other relevant agencies to promote healthy eating. Our weekly menu is displayed in advance and available for parents and children to view. Parents are made aware of what their child has eaten and how well they have eaten through regular informal contact.

Staff Development

The preparation and handling of food is carried out by staff who have received training in food hygiene (level 2) in line with *Setting the Table, Nutritional Guidance and Food Standards for early years childcare providers in Scotland* (NHS Scotland 2015 p95)

In addition at least two members of staff will undergo allergen training.

Background information & links to national policy

- Setting The Table Nutritional guidance and food standards for early years childcare providers in Scotland - www.healthscotland.com
- National Care Standard 3 - www.nationalcarestandards.org/213.html
- www.scotland.gov.uk
- www.educationscotland.gov.uk/earlyyears/prebirthtothree/index.asp
- Early Years Framework - www.scotland.gov.uk/Publications/2009/01/13095148/4

Policy adopted at Committee Meeting of Dunscore Pre-school on:

(date)

(signed)

(Chair)

This policy was reviewed by the committee on:

Date

Signed :

Designation