



HASELBURY
PLUCKNETT
PRE-SCHOOL

Nutrition, Food and Drink Policy

Statement of Intent

Haselbury Plucknett Pre-School is committed to providing healthy, nutritious food and drinks for children during our sessions. The staff will make every effort to ensure that food and drink is safely prepared and sensitive to the dietary, religious and cultural requirements of all the children. This policy should be read alongside the wider school's food policy.

Haselbury Plucknett Pre-School also encourages parents to provide healthy, nutritious food in their child's lunch box and actively promotes 'healthy eating'.

Procedures

Before a child is admitted to the school, the school obtains information about the child's dietary requirements, preferences and food allergies that the child has, as well as any special health requirements.

The school records and acts on the information from parents and carers about a child's dietary needs.

A list of all children with a food allergy or intolerance is displayed on the notice board in the school office, with a photograph of the child and information about their allergy, dietary requirements and any medication needed.

The Supervisor and staff are mindful of their responsibilities and obligations under the Food Safety Act 1990. All staff hold up to date Food Hygiene Certificates.

Healthy Eating

The school recognises the importance of healthy eating and actively promotes the benefits of a balanced, nutritious diet.

Because of this, we encourage children to bring with them a piece of fruit or vegetable each day to share with their peers at break times.

The children are also encouraged to drink either milk or water at break times.

Fresh drinking water is available throughout the day, whenever children require it.

Parents are given leaflets to encourage them to choose healthy, nutritious options for their child's packed lunch and are encouraged to avoid high sugar and high salt options such as crisps, biscuits and chocolate or fizzy drinks.

Mealtimes

Mealtimes should be happy, social occasions for both children and staff, and we aim to make sure that children's knowledge, experience and relationships with food are always positive.

Children and adults wash their hands before eating and then sit together in small groups.

Good table manners are expected. Children will be encouraged to say 'Please' and 'Thank you' and to sit at the table. Quiet conversation is encouraged. The staff will sit and eat with the children to provide a good example of how to eat within a group.

Cultural differences in eating habits are respected.

Slow eaters are never rushed.

Children are encouraged to drink water with their meal.

Learning with Food

Food can be the basis of so many fun activities in Pre-School and not just for cooking. At our Pre-School we have many food centred activities, which are a good way of introducing children to new types of food before they are presented to them at mealtimes.

Food plays a part in counting and shapes, science, art and many more activities.

Children are educated about healthy eating, and children love to learn about the origins of the food that they eat.

Children gain a sense of nature and learn about where food comes from; learning that food is grown in the ground rather than simply bought in packets from the supermarket.

Cultural and Religious Diversity

We are also keen to help introduce children to different cultures and religions through introducing them to different types of food/drink.

Staff may mark Saint days and National and International days of celebration by creating a 'menu' which reflects the theme or meaning of the day.

Other Useful Links

- Food Safety Act 1990
- Health and Hygiene Policy
- Haselbury Plucknett School Food Policy

•Haselbury Plucknett Pre-School Prospectus

This policy was adopted at a meeting of the School Governors

Held on: 25th September 2017

Signed on behalf of the Governors:

This policy is reviewed annually. The next review is November 2018 or as and when information needs to be added or amended.