

Madeley Nursery School

Bridle Road, Madeley, Telford, TF7 5ET, UK



Policy:

Food and Healthy Eating

Member of staff responsible: Helen Torr & Trina Brophy

June 2018

Review date: June 2021

“Children’s early years provide an important foundation for their future health and strongly influence many aspects of well-being. The food children eat in their earliest years shapes their future health - their tastes and eating habits formed early in life can have consequences for growth, development, health and academic achievement in later life.”

Children’s Food Trust Survey (Dec2015)



Context

Following the Government’s policy on nutritional standards for lunches in schools, the Children’s Food Trust was set up in 2005 to make recommendations for all food available during the school day.

They support schools in developing a whole school approach to food and health. The school environment, behaviour of staff and the messages that children receive through

the EYFS (Early Years Foundation Stage curriculum), all play a vital role in influencing children's knowledge and understanding of health and nutrition.

“Every child has a right to nutritious food. When children eat better, they do better: they're in better shape to reach their potential. By getting them eating well today, we're creating the healthier adults of tomorrow: adults who are less likely to suffer health conditions linked to poor diet. “

Children's Food Trust (2016)

At Madeley nursery we believe the principles of healthy eating is eating a wider range of healthy food to provide a balance of nutrients. The children have opportunities to find out the origins of certain foods, to explore sensorial, to prepare healthy snacks for their peers and share together as a nursery community

The aims, objectives and statements in this policy apply to all children, staff, parents and visitors to our school. This way we can develop a coherent whole school ethos about food and healthy eating practices for all.

Aim

At Madeley Nursery School, we recognise that snack times are an important part of a child's day. It is a social time for children to enjoy food.

We aim to provide healthy, balanced, varied and nutritious food and drinks which meet the children's needs, encouraging them to develop healthy lifestyles and promote well-being throughout their life.

We meet the welfare requirements outlined in the EYFS on food and drink:

“Where children are provided with meals, snacks and drinks, these must be healthy, balanced and nutritious.”

DCFS (2008)

Objectives

- For children to be offered the opportunity to try a wide variety of healthy snacks.
- For children to have the opportunity to experience foods which raise their awareness of other cultures.
- For fresh drinking water to be available at all times.
- Where possible for staff to sit with children while they eat and provide a good role model for healthy eating.
- For staff to engage children, parents and carers in open discussion about the importance of healthy eating habits.
- For children to be encouraged to develop good eating habits and given plenty of time to eat.
- For children to be taught about the importance of washing hands prior to eating and how to use good manners.
- For children to be given the opportunity to prepare healthy snacks and serve their peers.
- For parents of children who are on special diets or have allergies, to be asked to provide as much information as possible about suitable foods, and in some circumstances to provide the food themselves.
- For healthy food options to be used in all activities whenever possible: in play, language, cooking and other events.
- For staff handling food to have appropriate food hygiene training and certification.
- For the snack area to be kept in a hygienic condition at all times.



Wellbeing Café

Our wellbeing café offers children the opportunity to be involved in the preparation and eating of healthy food. Throughout the year we use the Café space to introduce food from other cultures and celebrate festivals and special events.



At Madeley Nursery School we use 'Eat Better Start Better – Voluntary Food and Drink Guidelines for Early Years Settings in England – A Practical Guide' from the School Food Trust (2012) to guide our food and drink provision and portion sizes.

Our healthy Café

Our children are involved with preparing healthy snacks at the start of each session through a carefully planned learning intention. The staff consider the needs of the current children through regular staff meetings and observations and will focus the learning intention on specific food types, food from other cultures and traditional foods. The children will also experience the history of food, the process of growing and harvesting food as well using recipes to make certain snacks. The children may also serve their peers and are encouraged to discuss healthy eating and practices with them, i.e. asking if they have washed their hands. Information about the learning intention can be found in the café area journal.

Children are encouraged to be dependent in making choices about their diet and pouring their drinks themselves (this consists of milk and water. During the learning intention the importance of hard working and healthy eating practices are discussed. Children share this knowledge with their friends.

We offer our children a healthy, nutritious and balanced diet daily in our café. Snacks which avoid large quantities of fat, salt, sugar, artificial colouring, additives and preservatives are chosen, alongside fresh fruit and vegetables. Information for parents on the food provided to children is displayed daily on the café board. A selection of snacks is offered in order to encourage children to be independent in making choices about their diet. A drink of milk or water is available which children



are encouraged to pour for themselves.

Dietary requirements

Children's individual dietary requirements are discussed by the key worker and parents on a child's admission to nursery. Snacks offered are all vegetarian. We aim to cater for any other special dietary requirements. Parents, who wish to bring in food from home due to dietary requirements, may do so in consultation with the child's key worker, in order to ensure food is nutritious and well-balanced. This food will then be stored safely according to food hygiene regulations.

Packed lunch boxes

If children bring a packed lunch due to their childcare arrangements, we will store them safely according to food hygiene regulations.

Water

Fresh drinking water is freely available throughout the day. There is a cooled water dispenser in the café area which children may access independently. We encourage and support children to drink throughout the session, particularly during hot weather.

Birthdays and special occasions

Food and drink often play an important role at birthdays and special occasions. However, many foods and drinks served at these celebrations can be high in saturated fat, sugar and salt, and therefore have limited nutritional value for young children. With the amount of children that we have in nursery, there can be many birthdays or special occasions in a short amount of time, and so children are eating these sorts of food frequently.

We celebrate each child's birthday in group time by singing to them, giving them a birthday badge and a special present from the 'Birthday Box'. Parents and children are not permitted to bring sweets or birthday cakes in from home to share out; however a contribution of fruit, vegetables or natural resources to decorate the tables would be appropriate.

Environment for eating

Hygiene

At Madeley Nursery School food hygiene is considered of upmost importance. Staff who handle or serve food hold a food hygiene certification which is renewed every 3 years.

All food is stored safely in accordance with environmental regulations. Fridge temperatures are monitored on a daily basis.

Preparation areas are kept free of other clutter and are cleaned with environmental regulation cleaner.

Safety

All sharp knives (5) are kept on a high shelf out of reach of our children. Knives used by children in the preparation of snack are of a serrated type and are designed particularly for use by children. We also use peelers in the preparation of vegetables. Children are taught to use these appropriately. Children are always supervised when using tools in the preparation of fruit and vegetables. Children are never left unsupervised when eating or drinking.



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All staff refreshments are transported within a sturdy tray in order to reduce the risk of spills. Staff refreshments are kept out of reach of children and staff drink them in that location. The water boiler is kept on a high surface out of reach of children. It is switched off at the end of the day

Fussy eating

Fussy eating is part of children's development and affects 10-20% of all children under five. We recognise this and encourage children to try foods in a variety of ways:

- By involving the children in the preparation of healthy food
- by sitting children around a table, so that fussy eaters are modelled good eating by their friends;
- by giving children a smaller portion of a new food to try;
- by regularly serving a new food for children to try;
- by praising children who try something new; and
- by never forcing children to eat.
- by staff eating snack with the children;

We give feedback to parents how well their child has eaten at snack time.

Learning through food

At Madeley Nursery School we integrate about food through the Early Years Foundation Stage (EYFS) curriculum in the following ways:



learning

Personal, social and emotional development. Snack times offer children experiences to taste different foods, overcome dislikes and learn how to share. Cooking activities offer opportunities for learning through working with others and increasing self-esteem;

Communication and language. Through sitting children around a table to eat, we can teach conversation and social skills;

Literacy. Many stories involve food. We use these to teach children about ingredients, where food comes from and about food from different cultures. Language is developed and senses explored through discussing and describing the taste, texture, size, look and smell of food;

Mathematics. We use opportunities such as counting out cups or pieces of fruit at snack to support numeracy skills. Weighing and measuring quantities of food when following recipes. Through sorting and matching foods different types we encourage organisational and reasoning;



time

into
skills

Understanding the world. Through exploring the seasons we explore where food comes from, about life cycles, gardening and how to care for plants. We grow our own fruit and vegetables which we serve in the café. In learning about the world we also explore whether food comes from other countries and food from different cultures. We use ICT to support children's knowledge and understanding of where food comes from and about the importance of eating healthily;

We also focus on what happens with our leftover food. The children are involved in collecting the waste food and depositing it into our Hot Bin. The compost which is generated from the Hot Bin composted is used in the garden ready for the planting of our seeds.

Physical development. Fine and gross motor movements are developed through activities such as pouring drinks, gardening, using spoons and knives, preparing food and washing up. Snack times are used as an opportunity to help children make healthy food choices; and



Expressive arts and design. Through creative activities we can engage children with food exploring colour,

shape, form and texture.

Partnership with parents and carers

Our food and healthy eating policy is written in consultation with parents. We consider the partnership of home and school important in promoting a healthy lifestyle. During the admission process we talk to parents and carers about our healthy school ethos. We encourage parents and carers to talk to us about any issues they may have regarding food and healthy eating in school. We use our newsletters to keep parents and carers updated on current food and healthy eating developments occurring in nursery.

We ask parents and carers to support our healthy school ethos by not allowing their child to bring sweets to nursery or give them sweets when collecting them from nursery. This is detailed in our prospectus.

At the end of term and when children leave nursery we are aware that some parents like to show their appreciation for their child's time in nursery through gifts for nursery staff. A non-food item would be considered most appropriate as a gift. Governors support this view and recommend that parents and carers perhaps use the opportunity to give a gift that could be used in nursery in the future, such as a story book. We recognise that parents and carers should not feel obliged to give gifts.

Role of Governors

Our food and healthy eating policy is written in consultation with Governors. Governors monitor and check that the policy is upheld during termly meetings. They review the policy annually in order to take into account any new developments.

Role of staff

Our food and healthy eating policy is written in consultation with staff. The deputy head teacher (Helen Torr), food and healthy eating coordinator (Trina Brophy), and Educator (Sue Burton) are responsible for supporting colleagues in the delivery of this policy.

All staff will be involved in regular updates on food hygiene and healthy eating practices. Training opportunities are available for all staff through Telford and Wrekin's professional development training programme.

Useful websites

www.childrensfoodtrust.org.uk

This is the organisation which provides guidance on food in schools. We use their ideas and portion sizes for snacks. There are pages particularly for parents on these websites.

www.healthystart.nhs.uk/

This is a NHS website. It provides information on healthy choices, gives tips, recipes, vouchers and information on vitamins.

www.nhs.uk/Planners/birthtofive/Pages/Vitamins.aspx

This is an NHS article on vitamins for children under five. It gives guidance and links to other information about health for young children.

www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx

Again this is a NHS article which explains food nutrition labels. There are links to other food related topics.

www.rhs.org.uk/Children

This is the website for the Royal Horticultural Society (gardening). It has activities for families, fun children's activities, ideas for what to grow and resources you can buy online.

www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx

This is a NHS article about portion sizes. It shows the 'eat well plate' which splits a dinner plate up into sections for different types of food. This page gives links to other food and healthy lifestyle topics.

If you require a copy of this procedure in a particular format, for example in large print, please contact the School.

Status	FINAL
Agreed at:	General Purposes
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Responsible person:	Helen Torr
Signature:	Wet signature copy held in school.
Role in school:	Deputy Head