

## **HEALTHY EATING POLICY**

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A good balanced diet is vital for childrens development, along with fresh air and regular exercise.

I provide healthy snacks and drinks on a daily basis and am happy to cook/serve food provided by parents/carers; if you provide food for your child, please follow healthy eating guidelines.

If a lunch box has been prepared by the parent/carer I would ask that no chocolate or sweets are included (other children do not understand why one child has sweets when they do not).

I follow the Governments 5 a day guidelines and talk to the children about the importance of this in their daily diet.

I encourage the children to try foods that they may not have tried before and to make healthy food choices. I engage the children in the preparation of food.

Parents/carers of small babies are asked to provide pureed baby food and/or formula, which can be made as needed, or breast milk bottles, which will be correctly refrigerated until they are required.

Children are offered water, milk or fruit juice with their meals or snacks. Fresh drinking water is available at all times.

Parents/carers will be advised daily as to what their child has eaten. If you have any concerns regarding diet please do not hesitate to discuss it with me. I will sit and eat with the children, acting as a good role model for healthy eating. Children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat.