

12 Healthy Eating and Physical Activity

Aims: -

- To ensure children access a variety of foods, providing a good balanced diet.
- To ensure the children have every chance to do at least 180 minutes of physical activity per day.

Food and Eating

- We provide children with healthy, balanced, tasty and nutritious food whilst in our care and fresh water is freely available.
- We adhere to the Allergy labelling legislation (13/12/2014).
- Children 5 are provided with water at all snack time and throughout the day.
- We support those mothers that continue to breast feed their children, providing an area where they may feed in private if they require.
- Children are provided a mid-morning snack- about 10am and an afternoon one around 3.15pm.
- Children are taught about the importance of washing hands prior to eating and having been outside or after using the toilet.
- Snack can be taken as a picnic outside/inside or sat at the appropriate sized tables and chairs indoors.
- Children are seated for any food or drink consumption to prevent choking and to promote appropriate table manners.
- If children are staying for lunch, parents are expected to provide a healthy lunch with no sweets or nut based products. We have had children who are severely allergic to nuts so operate a no nut setting.
- We encourage children to choose healthy options and to experiment by trying new foods from other cultures.
- The children are encouraged to help in the preparation of food and preparing the eating area.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We invite the supermarkets in to do sessions with the children and visit them to learn about the foods we eat.
- We encourage parents to bring in foods from their cultures so that we can share and learn about the different cultures within our community.
- We do not encourage sweets or chocolate to be brought in.
- We do cooking with the children at least once a week on a rolling system so that all children get to experience cooking at least once in the half term.

Celebrations

- Birthdays are celebrated by singing 'Happy Birthday' and their name and photo goes on the days of the week board.
- We have Christmas, Easter and Summer term parties over snack time.

Physical Activity

- We encourage children to choose toys, activities and crafts that extend their interests and encourage whole body movement.
- We avoid sedentary activities
- We have free flow to outside area and encourage all children to go outside at least once a day.
- We set out the indoor environment so that children are not sitting down most of the time- we usually have one table and 6 chairs out, the rest of the room is set up with tables without chairs to encourage good development of their core muscles for playdoh, painting, craft activities and mark making.
- This all encourages whole body movement.

Woodentops Preschool

Staff Training

- All staff have taken the level 2 Food Hygiene course.
- Jackie is our PANCO (Physical Activity and Nutrition Coordinator)
- Woodentops is registered with the local authority's Environmental Health.
- We have regard to the Food Standards agency 'Safer Food, Better Business for Childminders' guidance and undertake their recommended reviews.

We will notify Ofsted of any cases of food poisoning affecting two or more children from Woodentops as soon as possible and within 14 days of the incident occurring. Central Beds Environmental health and the Health Protection Agency will also be informed.

If your child has any special dietary needs, preferences or food allergies, we will be happy to accommodate them. These should be stated on the enrolment form and information provided to us on how to meet these needs.

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| This policy was adopted on | 25 th March 2019 |
| Policy reviewed | 31/12/21 |
| Date for review | Jan 23 |