



## **Healthy Eating and Healthy Child Policy and Practice**

The sharing of refreshments can play an important part in the social life of the Pre-school as well as reinforcing children's understanding of the importance of healthy eating.

The pre-school will ensure that:

### **Healthy Eating**

- All snacks provided are nutritious, avoiding large quantities of fat, sugar, salt additives, preservatives and colourings.
- Children's medical and personal dietary requirements are respected.
- A multi - cultural diet is offered to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods.
- The dietary rules of religious groups and also vegetarians/vegans are known and met in appropriate ways.
- Milk provided for children is whole and pasteurised.
- We offer advice for our parents/carers on healthy options for lunch boxes.
- All current information about individual childrens dietary requirements is kept in the kitchen.
- We do not allow children to swap their food with any others to ensure we protect those with food allergies.

### **School Dinners**

- Our school dinner service is catered for by Caterlink FoodServices who make every effort to ensure that the food provided is well balanced and nutritious.

### **Exercise**

- The pre-school encourages the children to explore different physical activities utilising a number of different pieces of equipment.



- The use of the outdoor space provides an idea area for the children to play with a variety of outdoor equipment e.g. bikes, slides etc.
- We aim to take our children outside every day, unless the weather is hazardous e.g. Lightening/hail etc.
- Also a variety of differing balls and bean bags can be used on their own or in conjunction with basket ball nets etc. These encourage game playing, physical activity and improve co ordination.

Signed:   
Charlie Wardle - Chair Person