



EYFS – Healthy Food and Drink Policy

Introduction:

Read Academy recognises the importance of connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in learning. We recognise the role we can play to promote family health. A balanced diet is essential for the maintenance and protection of health to ensure the full mental and physical potential is reached each day and to optimise growth and development. Eating represents a social time for children and adults.

Procedures:

We follow these procedures to promote healthy eating in our setting.

Before a child starts to attend the setting, we find out from parents their child's dietary needs and preferences, including any allergies.

- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- We regularly consult with parents to ensure that our records of their child's dietary needs (including any allergies) are up to date.
- We ensure that that all staff and volunteers are fully informed about individual children's dietary needs.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts. Permission is sought from parents to display information about children with food allergies in the dining room so staff are fully aware.
- We ask our staff to show sensitivity towards diets and allergies when they provide to children.
- Where possible, staff sits with children to eat their lunch so that the mealtime is a social occasion.
- We use snack/lunch times as well as throughout the day to help children to develop independence through making choices. Fresh fruit is freely available.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- We provide milk to the children every day.
- For those children who have a packed lunch, we encourage parents to provide healthy options.
- We discourage sweets and sweetened drinks.



Curriculum Content

At Read Academy healthy eating is delivered within a holistic approach which may include:

- Topics
- Planned aspects of the EYFS
- Story times/circle times
- Special projects (e.g. healthy eating sessions, tasting sessions)
- Cooking activities'

Reviewed: September 2022

Next Review Date: September 2023