

Nursery Days/Kids Days Making mealtimes enjoyable and healthy



Kitchen mission statement:

Nursery Days aims to provide each child with a balanced, healthy and nutritional diet. We believe that mealtimes should be a social and happy occasion.

The cook ensures that the food provided:

- Contains very little salt. The cook adds (no salt to the dinner).
- Contains very little sugar.
- Contains very few if any additives.

Our menus ensure that children receive their minimum 5 portions of fruit and vegetables a day.

The cook ensures the menus include:

- Fresh fruit and vegetables.
- Fresh drinking water is available to all children, at all times throughout the day. If you require your child to drink juice, you are welcome to provide this, although we do not encourage it.
- Children receive their recommended calcium intake for their age mainly through milk and various dairy products.

MEALTIMES

Breakfast 8am – 8.45am

A bowl of cereal, toast, fruit and either a drink of milk or water.

Mid morning snack

Fruit, bread sticks, cheese etc and either milk or water

Dinner 12pm

A hot meal followed by a pudding. Water is offered as a drink.

Tea 4pm

Usually a finger food tea, which includes salad, bites and fruits. Water is offered as a drink.

Lates 6pm

Children will be offered a drink and snack

BABIES UNDER 1

We ask that parents/carers provide formula milk or expressed milk made up in bottles and any weaning foods until your baby is of an age to enjoy our recipes. All foods will be carefully prepared for your baby according to the different stages of development. I.e. pureed, mashed etc.

Meals are chosen to reflect the cultural and religious back ground of the children.

What if my child has an allergy or intolerance against certain foods?

Parents/carers of children who are on special diets will be asked to provide as much information as possible about suitable foods and, in some cases, may be asked to provide the food themselves. We will endeavour to cater for your child's individual needs.

What if I don't want my child to have certain foods?

We offer an alternative vegetarian meal to cater for vegetarians and cultural needs; however, we do not cater for fads. We like to re-introduce foods as taste buds change and food can be offered 15 times before it is accepted.

Children will be encouraged to play outside every day, weather permitting, as sunshine helps their bodies to make vitamin D.

Our menus are available to view on the notice board outside the kitchen area. A copy will also be given out with our welcome pack.

FLEXIBLE ROUTINES

Although we have planned mealtimes these are only guidelines, as the children's individual needs may differ especially young babies who routines can change every 2 weeks! We aim for the children to enjoy mealtimes together, however, this may vary and mealtimes can be brought forward or delayed if a child is too tired to eat or shows signs of hunger etc. Your child's key person will learn your children's many signs and respond to these appropriately.

WORKING TOGETHER

Parents/carers wishes are respected with regards to mealtimes and we will work together to provide a consistent approach for the children. If our values differ to those of a parent/carer then we will discuss any problems/concerns and hopefully find a solution.

Parents/carers will be advised if their child is not eating well.

Parents/carers will be kept informed of their child's social interactions during mealtimes through discussion with your key person and written information in your child's daily diary.

Parent/carers to help celebrate birthdays and other celebrations, which will be eaten straight after a mealtime, may provide treats such as sweets or cake. Balloons and bubbles are also welcomed as an alternative to cakes and sweets.

ENJOYABLE MEALTIMES

To ensure that mealtimes are a pleasant and relaxed experience we will promote the following:

- ❖ Clear markers that mealtimes have begun.
- ❖ Encourage lots of interactions so that these times are very sociable experiences.
- ❖ Children to eat in their key groups.
- ❖ Make food inviting and try not to cut food up until the child has seen the whole dinner.
- ❖ Where possible let children chose their own food and portion.
- ❖ Offer small portions and seconds.
- ❖ Children will be given plenty of time to eat.

ENCOURAGE GOOD BEHAVIOUR

We will encourage good behaviour at mealtimes by:

- ❖ Key persons will sit with their key children while they eat and provide a good role model for healthy eating.
- ❖ By not using food as a reward –gives the children a message that some foods are more desirable than others are.
- ❖ Encouraging children to prepare meals/snacks.
- ❖ Recognise when children are too tired to eat and introduce flexible eating routines for these children.
- ❖ Use appropriate tools for the food provided i.e. knife/folk, chop sticks.

ROLE OF THE KEY PERSON

- ✓ Help the children to become independent.
- ✓ Show enjoyment of eating and talking together at these times.
- ✓ Discuss with parents/carers and children about their mealtimes at home.
- ✓ Be encouraging
- ✓ Be a positive role model
- ✓ Avoid using negative associations of words to describe food.
- ✓ Be involved
- ✓ Stay close
- ✓ Be aware of our own attitudes to people who may eat different food than we do.
- ✓ Ensure that there is equal respect and value to unfamiliar foods, the places where they are produced and the people who produce them.
- ✓ Know children's likes or dislikes.
- ✓ Let children know when it's appropriate to use their fingers to eat i.e. pizza, finger foods.
- ✓ Encourage children to try different foods at least once to see if they like it.

GOOD EATING SKILLS AND TABLE MANNERS

We are working towards the following goals:

- Children are able to use a knife, folk and spoon competently.
- Say please and thank you.
- Put their knife and folk together to let their key person know that they have finished their meal.
- To sit comfortable at the table with bottoms on chairs.
- To start his or her meal when everyone has been served.
- To wait at the table until everyone has finished.

If children show any less desirable eating habits during mealtimes then the key person will intervene and respond appropriately taking into account the age and development of the child and then encourage or model more appropriate behaviour. Please note the types of behaviour that don't get attention are likely to happen less as time goes by. (Please refer to our 'Behaviour Management' policy for more guidelines.)

Less desirable behaviour may include spitting food and drink out, playing with food and banging cutlery on the table.

Learning opportunities

Food can be an exciting and rewarding tool for carers to use to enable children to learn more about the world they live in.

We enhance children's learning at meal times by:

- ◆ Talking to the children about what they are eating, what they eat at home, daily and on special occasions.
- ◆ Assemble a variety of food and explore and talk about them.
- ◆ Cook with children.
- ◆ Food tasting.
- ◆ Encourage children to be aware of health issues when choosing food.
- ◆ Problem solving i.e. we only have 6 bananas and there is 12 children?
- ◆ Use mathematical language i.e. you've broken your biscuit in half so how many pieces do you have now?
- ◆ Let children help in setting up and clearing away.
- ◆ Encourage children to be independent to pour their own drinks.
- ◆ Name recognition.
- ◆ Make choices.

PERSONAL HYGIENE

We encourage children to wash their hands:

- ✓ When dirty
- ✓ After using the toilet
- ✓ After blowing their nose
- ✓ Before and after meal times
- ✓ After touching pets/animals.

This policy links to:

Positive Relationships – Key person – EYFS

Positive Relationships – Parents as Partners – EYFS

A Unique Child – Health and Well-being – EYFS

A Unique Child – Inclusive Practice – EYFS

Food and Drink – Welfare Requirements – EYFS

Be healthy – Every child matters

Enjoy and achieve – Every child matters

Make a positive contribution – Every child matters

This policy was written in July 2007

To be reviewed in 1st review July 2008, 2nd review 2009 3rd review Aug 2010

Signed for on behalf of Nursery Days _____

