



Holland Park Pre-Prep and Nursery

Food and Nutrition

The sharing of food and drink can play an important part in the social life of the setting, as well as reinforcing children's understanding of the importance of healthy eating. Holland Park Pre-Prep and Nursery promotes Healthy Eating through the provision of fresh, nutritious and varied food in a balanced format across the different food groups. Snack and mealtimes are an important part of the child's day. Mealtimes provide children with the opportunity to develop skills of independence through self-feeding, making choices and using age appropriate utensils.

We work to ensure that the standard of table manners and behaviour during eating times is of a high standard and is consistent throughout the school. Children will never be denied their snack or water as a form of punishment. We know which children in the Nursery suffer from food allergies. We train all staff in the treatment of these allergies and we check the packaging and ingredients of unfamiliar foods. The school is a nut free zone.

Procedure:

- Before a child starts at the setting, we find out his/her dietary needs and preferences from the parents through the "Parent Questionnaire". This can be found in each child's file.
- Any changes to diet specified by parents at handover will be noted in writing by the member of staff responsible for the handover and passed to the chef without delay.
- The kitchen as well as each classroom has a list of children's dietary requirements, allergies or intolerances.
- Menus are displayed for the information of parents and feedback is always welcome.
- Staff will ensure that individual cultural backgrounds, eating habits and routines are taken into consideration and respected.
- Fresh drinking water is always available. Children are encouraged to drink water at snack time and mealtimes as well as throughout the day, especially in warmer weather.
- Milk provided is in line with the voluntary food and drink guidelines.
- Menus are planned and changed seasonally, including foods from a range of cultures.
- Children learn to wash their hands before snacks and mealtimes as well as before cooking activities.
- Children are encouraged to be involved in the preparation and cleaning away of meals and snacks as much as possible.
- Children always sit down at the table for snack and lunch. Children are not to walk around the classroom whilst drinking or eating their snack.
- Children should be given the opportunity to eat at their own pace and should never feel pressured or rushed.
- Independent skills are promoted and encouraged. Where age appropriate, children must be given the opportunity to pour their own water in their glass, serve their own lunch and scrape their own plate.



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- Staff must always act as good role models. They must sit at the table with the children, eating and role modelling mealtime etiquette and good manners which includes the use of 'please' and 'thank you'.
- The children are encouraged to ask to leave the table when they have finished and to use a serviette to clean their face not their sleeves.
- Staff must not eat anything different to the children whilst in the classroom with them.
- Children are encouraged to try new foods but are never forced.
- We provide nutritious, well balanced food for all meals and snacks, avoiding large quantities of fat, sugar, salt, additives, preservatives and colorings.
- Nuts are not allowed in the nursery.
- Any foods brought in must be in the original packaging with a label clearly listing ingredients for staff to review to ensure that they contain no allergy-provoking substances including nuts.
- We welcome cakes for celebrations. However, we do ask that parents to check in advance with their key person to find out if any children in the class have dietary requirements or allergies that may need consideration and that the cake does not contain nuts.
- All food brought to the premises must be in its original packaging and a list of all the ingredients must be provided or we ask parents to attach a comprehensive list of all ingredients used if the cake has been made at home.
- Children are never to be denied a fruit or snack if requested.

Weaning:

- Where a child is weaning, we will discuss with the parents their requirements and consult NHS 'Weaning Guidelines' to come up with a joint strategy to meet the needs of the individual child. These will be reviewed weekly with the parents in line with our Parental Partnership Policy.
- Babies are served food using an appropriate weaning spoon along with being provided with their own spoon.
- Children weaning will not be discouraged from using their hands to eat their food as this is part of their development.

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