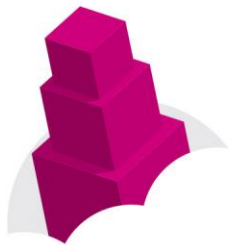




## HEALTHY EATING POLICY

We aim to:

- Raise awareness of nutrition
- Encourage and develop children's skills so they can make informed choices about food and drink
- Help children develop positive attitudes to diet, health and oral health
- Develop healthy eating and drinking activities that can benefit children, staff and parents/carers.



Environment:

- We endeavour to promote healthy lifestyles through healthy eating and drinking
- Staff with the children at lunch time and at the snack bar to encourage good table manners and social eating skills
- We promote a happy and social atmosphere during meal times.

Drinks

- We provide water, milk and diluted squash throughout the morning at the snack bar
- Children are encouraged to choose what they would like to drink and pour it themselves

Diet and Health

'Children's health is an integral part of their emotional, mental, social and spiritual well being and is supported by attention to these aspects. Diet is central to health and children's diet can be an important influence on their health now and in the future. Nutritional status can have immediate impact on the health of children and young people. A poor diet can contribute to anaemia, dental decay, obesity, susceptibility to illness and adversely it general health. (DfES 2007)





We feel that it is important that children develop healthy habits when they first learn about food, as good health in the early years helps to safeguard health and well-being throughout life. We do this by:

#### Nutrition

- We promote good nutrition and oral health through stories and discussions
- We provide guidance for the parents when children bring in packed lunches
- We encourage children to have different fruits or vegetables at the snack bar to contribute to their five a day.

#### Obesity

Nationally, obesity in children is rising. The Department of Health has set clear priorities to reduce dietary intake of fat, salt and sugar, increase fruit and vegetable consumption and tackle obesity. When we cook with the children we try to cook healthy and nutritious food that is low in sugar and salt. We also encourage parents to provide healthy packed lunches with sandwiches, fruit and vegetables and a little treat for the children. The children are encouraged to eat their sandwiches or healthy foods first before their treat.



#### Birthdays and celebrations

- We take into account ethical, religious and medical dietary requirements of children and staff when celebrating festivals, special dates and so on.
- Everybody loves to celebrate their birthday and at LDMCH we have a very special way of doing this. The children sit in a large circle and a candle is lit in the middle. The birthday child carries a globe and walks slowly around the candle, once for each year of their life. This represents the passage of the earth around the sun. As the child walks, one of the teachers tells the story of the child's life showing photographs to illustrate key events. The story ends with the whole school wishing the child a happy birthday. To help us with this we ask you to bring in a few photographs on your child's birthday. There should be at least one photograph from each year of their life. If your child's





birthday is at the weekend, or falls in a holiday, we will perform the Birthday Walk on the nearest school day. Many parents like to bring in a cake for their child to share with their friends on their birthday. We have to be careful about children with allergies and so we ask that you avoid cakes that contain nuts.

- We also have end of term parties where parents provide food for the children, again we encourage healthy foods and drink and no nuts.

