



## Oxhill Nursery School including Ladybirds POLICY FOR HEALTHY EATING

### Introduction

This document is a statement of the aims and strategies for the promotion of Healthy Eating at Oxhill Nursery School.

A sound understanding of Healthy Eating is important because in order to grow into healthy adults children need to know about the effects a range of food and drinks can have on their bodies, and about what they can do to help ensure healthy physical growth. We also consider it important to support parents, carers and staff members in developing their understanding of nutritional issues. Please also refer to our policies on Personal, Social and Emotional Development, Physical Development, Health and Safety.

### Aims

We are a Health Promoting School and our aims in the promotion of Healthy Eating at Oxhill Nursery School are to:

- Improve the physical health of children, their families, and staff members through developing their awareness of the effects foods and drinks can have on their bodies and of the need for a balanced diet.
- Develop knowledge and understanding of food hygiene and safety issues.
- Develop awareness of where some of the foods we eat come from or are produced.
- Raise awareness of the variety of healthy foods through celebrating multi cultural diversity.
- Ensure that children have access to healthy snacks and regular drinks of fresh water.
- Ensure that the content of packed lunches is balanced and nutritious, in co-operation with parents
- Ensure that the food we provide takes account of individual ethical or medical requirements.

### Strategies for provision for the children

- We use parents' donations to purchase fresh fruit and vegetables to prepare with the children for snacks during circle times.
- All rooms have water coolers and children are encouraged to help themselves to drinks of water whenever they feel thirsty.
- We plan for regular cooking sessions that may involve independent free access to food preparation or a focused activity with an adult.
- Children experience preparing a wide range of healthy foods and drinks over the year, including food from other cultures.
- We talk with children about food and the importance of having a balanced diet.
- We plan to provide opportunities to grow, harvest and taste some foods in the nursery garden
- We emphasise the importance of oral hygiene and of the need to brush teeth regularly to help prevent decay.
- We regularly include opportunities for the learning and teaching of Healthy Eating in our planning.

### Food and hygiene issues

- Long hair is tied back
- Open cuts or abrasions are covered using blue plasters
- Table tops and aprons are wiped clean using an antibacterial preparation before cooking sessions
- Children wash their hands with antibacterial soap before and after cooking sessions

- Children are expected to always wash their hands after using the toilet or before handling food

### **Food and safety**

- Children are taught the importance of checking with adults before touching unknown foods or substances, e.g. berries
- Children are carefully supervised during cooking sessions with appliances involving the use of electricity, e.g. toasters
- We make children aware of the potential dangers of burns and scalds from heat or steam

### **Parental involvement**

- We promote healthy eating through access to recipe sheets
- We offer opportunities to discuss nutritional issues with the Community Dietician or Health Visitor
- We emphasise the importance of fresh fruit and vegetable snacks for children and encourage healthy lunch boxes

### **Additional information for Healthy Living**

- We recognise the importance of regular physical activity and encourage our families to walk or cycle to the Nursery if possible.
- We provide opportunities for children to independently access fresh air and exercise daily during garden time sessions, children reluctant to go outside are encouraged to spend some time in the garden by class staff.
- We promote healthy exercise to parents/carers through signposting them to sure start activities or advertising courses

Date reviewed	<hr/> January 2014	(date)
Signed on behalf of the governing body	<hr/>	
Name of signatory	<hr/> Beverley Ramage	
Role of signatory	<hr/> Chair of governors	