



## Blackwood Primary School Nursery Class

### Health Eating & Snack Policy

Position Statement - March 2023

Review Date: March 2025



**Aim** - At Blackwood Primary and ELC we appreciate that healthy eating and physical activity are essential for proper growth and development. We aim to promote positive attitudes towards an active lifestyle, healthy eating and the enjoyment of a variety of food.

#### **Guidance for snack area for all ELC Staff**

- A healthy balanced diet for the children should be based around the four food groups:
  - Bread, rice, potatoes, pasta and other starchy foods
  - Fruit and vegetables
  - Meat, fish, eggs, beans and other non-dairy sources of protein
  - Milk and dairy foods
- Snack will be varied and should contain food that is full of nutrients, low in sugar or salt, fruit, vegetables and milk products.
- Staff will encourage children to try new foods.
- Staff will promote children's independence skills e.g. helping to prepare snack, selecting their own snack, clearing away dishes.
- The only drinks offered at snack time are water or full-fat milk.
- All dairy products will be full-fat, however other milk alternatives are available if required.
- Fruit juice can be diluted (50:50) but only for specific celebrations or special events. (Squashes, cordials or any other kind of juice will not be given).
- Parents/carers of children with special diets/allergies will be asked to provide as much information as possible about suitable foods and the nursery will provide the appropriate snack for individuals. Relevant information and a photograph of these children will be displayed (and kept covered) in the snack area (subject to parental permission).
- Children will be encouraged to develop good eating skills and table manners.
- Staff should wear plastic gloves provided at snack area if required due to having a specific skin condition e.g. eczema.
- Staff should follow usual good hygiene practices when preparing or serving food or assisting children with packed lunches.
- Specific chopping boards should be used for specific food types: yellow - meat, green - salad and fruit, brown - vegetables, white - dairy and carbohydrates.
- Green cloths should be used at snack area and paper towels for worktops etc.
- Staff should wear an apron when preparing snack.
- Children should wash their hands before and after snack for 20 seconds, this should be supervised by staff.

**Please note: Until further notice, snack will be provided centrally by South Lanarkshire Council and so this will determine the daily selection we offer to children.**

<p><b>Audience:</b></p> <ul style="list-style-type: none"> <li>• Children</li> <li>• Nursery Staff</li> <li>• Team Leaders</li> <li>• Support Staff</li> <li>• SMT</li> <li>• Parents/Carers</li> <li>• SLC Personnel</li> <li>• HMIe</li> <li>• Care Inspectorate</li> <li>• Child Smile dental nurse</li> <li>• Health Visitor</li> <li>• Students</li> </ul> <p><b>Links</b></p> <ul style="list-style-type: none"> <li>• Education Scotland</li> <li>• Health and Social Care Standards</li> <li>• HGIOELC</li> <li>• GIRFEC</li> <li>• CFE</li> </ul>	<p><b>Curriculum for Excellence reference for possible learning opportunities</b></p> <p>I enjoy eating a diversity of foods in a range of social situations. <b>HWB 0-29a</b></p> <p>Together we enjoy handling, tasting, talking and learning about different foods, discovering ways in which eating and drinking may help us to grow and keep healthy. <b>HWB 0-30a</b></p> <p>I know that people need different kinds of food to keep them healthy. <b>HWB 0-32a</b></p> <p>I am becoming aware of how cleanliness, hygiene and safety can affect health and wellbeing and I apply this knowledge in my everyday routines such as taking care of my teeth. <b>HWB 0-33a</b></p> <p>I explore and discover where foods come from as I choose, prepare and taste different foods. <b>HWB 0-35a</b></p>	<p><b>Core Resources</b></p> <ul style="list-style-type: none"> <li>• Setting the Table - Nutritional Guidance and food standards for early years childcare providers in Scotland (NHS)</li> <li>• Health and Social Care Standards</li> <li>• Care inspectorate- Food Matters</li> <li>• Practice Note- Keeping Children Safe: Supporting Positive Mealtime Experiences in Early Learning and Childcare</li> <li>• Allergens Chart</li> </ul>
	<p><b>Health and Social Care Standards - 1, 2, 5</b></p> <p><b>UNCRC Articles - 3, 27, 28, 31</b></p> <p><b>HGIOELC - 2.1, 2.5, 2.7, 3.1</b></p>	