



## 12. Healthy Eating and Wellbeing Policy

### Statement of intent

Yaddlethorpe Pre-school believes that nutrition is a significant factor in the growth and development of children, and that the early development of healthy eating practices and physical activity can prevent disease and support a lifetime of good health.

### Our aim

We aim to work in partnership with parents and other professionals to support children in developing a healthy lifestyle and eating practices which will become embedded for life.

### Method

In order to achieve this aim we:

- provide the children with positive healthy eating experiences by providing a selection of fresh fruit and vegetable, whole wheat toast and low salt / sugar crackers at snack time;
- take account of cultural differences and beliefs;
- always have fresh drinking water available for the children to have at any time and a choice of water or whole milk to drink at snack time;
- encourage children to develop positive attitudes towards food through the toys, activities and books we provide;
- We share the Eatwell Guide to provide parents with information of what a healthy and balanced diet looks like, to inform healthy lunch box suggestions;
- provide a wide range of resources and activities to develop children's understanding of how to stay healthy. These include:
  - posters and books depicting healthy foods, physical exercise and how to look after yourself;
  - a wide range of play food from different cultures and role play sets including health centre and fitness centre;
  - cooking and tasting activities to encourage children to try different foods;
  - outdoor play; and
  - a range of large physical equipment and activities.
- encourage good personal hygiene through our daily routine.

- Information is shared with parents on how to support their children with good oral hygiene.
- Limit free sugar foods such as cakes, biscuits, chocolate, processed food and some flavoured yoghurts, they are also found in natural products such as honey and syrups, fruit juices and purees and smoothies. Free sugars are not found in whole fruit and vegetables, plain, unflavoured milk and yoghurt and water.
- Water and milk are the only safe drinks to give children in regard to their oral health.
- At snacktime children drink from open cups, unless there is a special requirement where a child can't use a cup.
- Information is shared on toothbrushing tips.
- If the child is not already registered with a dentist, advice is given to register the child.
- Dummies are discouraged and only used for comfort as a last resort.

### **Birthdays/celebration**

- We are aware that parents/carers like to bring in cakes to celebrate their child's birthday or other celebrations, these must be shop bought and clearly labelled ingredients to take into account any food allergies or intolerances.
- While cake is an unhealthy food choice as an alternative we would recommend fruit platters to share or non edible options to celebrate with such as bubbles or stickers.
- Our roleplay area is set up to for birthday/celebrations, party games are played and singing Happy Birthday and making and giving each child a card for their special occasion.

