

The Baird Primary Academy

Early Years Food and Drink Policy

THE BAIRD
PRIMARY
ACADEMY

Implemented October 2015

Early Years Food Policy

RATIONALE:

The Government provides free fruit for every child in the Early Years Foundation Stage and Key Stage 1 and milk for children up to aged 5 years. It is considered good practice in Early Years settings to use snack times as an opportunity to promote prime and/or specific areas of learning. Children who attend the afternoon Nursery session (or stay all day) at The Baird Primary Academy Nursery begin the session with a packed lunch which they have brought with them. Children in Reception stay for the duration of the school day and go to the canteen for their lunch. They may choose to bring their own lunch from home or have a free school meal (as part of the Government's Universal Free School Meal entitlement). We aim to make these experiences pleasurable and encourage a conversational atmosphere to develop children's social skills.

AIMS:

- To ensure all children are safe when eating and drinking.
- To ensure children are enabled and encouraged to be independent at snack and lunchtimes.
- To provide guidance for practitioners in using snack time to promote learning.
- To promote healthy eating.

TIMINGS:

In Nursery, snack times are at 10am and 2pm. Lunchtime is 11.45am-12.30pm (approximately).

In Reception, the snack table is available from 9.30am until 11am. Lunchtime is 11.45am-12.45pm (including lunch playtime).

Snack times include access to fruit, milk and water.

FRESH DRINKING WATER AND CLEAN CUPS ARE AVAILABLE AND ACCESSIBLE TO ALL CHILDREN IN EVERY CLASSROOM (AT THE SINK).

During warmer months, a drinking station with fresh water is set up in the outdoor area and children are reminded regularly to drink.

PREPARATION OF FOOD:

Adults are responsible for ensuring that all fruit is unspoiled and that fruit where the skin is to be eaten has been washed. Fruit may be cut to support younger children; this must take place in an area that has been cleaned for food preparation and any equipment used (such as a sharp knife) must be stored securely out of reach of children.

SAFETY:

In Nursery, children will only eat foods under the full and direct supervision of an adult at the snack table or during the lunch time.

In Reception, adults will be vigilant during snack times, but are not required to supervise by sitting at the snack table. Similarly, in the canteen a number of adults monitor the classes, and have designated areas to supervise.

PROMOTING GOOD HYGIENE:

Children should routinely wash their hands before eating a snack and before lunch.

Water, soap and paper towels are available in all classrooms.

PROMOTING INDEPENDENCE:

In the Nursery, an adult supervises the snack table. This ensures safety, in case of choking, and provides an opportunity to help develop a range of skills (as below).

In Reception, at the beginning of the term, the snack table forms the focus activity for a week. The rules and routines for snack time form part of the learning experience, including how to pour their own drinks, where to put used cups, how to clear away minor spillages, where to put rubbish etc. Cooperation, good manners and conversational skills are modelled by adults. Throughout the rest of the term children are given reminders of how to access the snack table but do so independently.

- A bowl is provided for skins/unwanted food.
- Children can independently access dustpan and brush/paper towels
- Milk and water is provided in jugs to support children's independence in pouring

ALLERGIES:

All members of staff should be aware of any food allergies or intolerances of children in their care. This information is on our admission forms, entered onto our electronic data system, and will also be transferred to the class file which is stored confidentially in the classroom but accessible by all staff.

This policy will be reviewed annually by the Foundation Academy Leader.

Ms. Tsai Tenn, Principal, The Baird Primary Academy

This policy was implemented on 8th October 2015

Signed (chair of governors)



Reviewed