

SNACK AND FOOD IN NURSERY

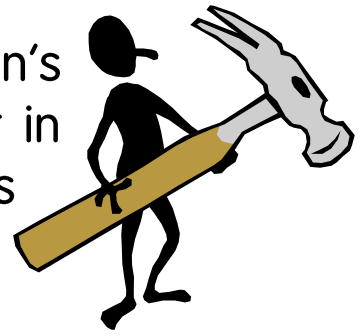
Information for Parents

*Together we make a
Family!*

*Growing Happy, Healthy
Children*



Good nutrition in the early years is vital. Children's early experiences of food play an important part in shaping later eating habits and good eating habits support healthy growth and development.



Developing Good Eating Habits



Encourage children to experiment - offering a variety of foods and repeatedly introducing new foods from an early age encourages children to experiment and accept different tastes and textures

Plan snack times - children need to have structure to their day and this applies to planning times for eating and drinking

Develop social skills - when children sit down together to eat and drink this provides an excellent opportunity for them to learn good social skills and behaviours associated with eating and drinking

Provide good role models - children often model their behaviour on others therefore encouraging good food choices and eating habits in the adults, brothers, sisters and friends around children is important in reinforcing the right messages

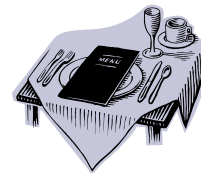


The Snack Area

The Snack Area is an area of nursery where children develop independence and socialise with other children.

Nursery staff organise the snack area to allow for maximum independence.

The children are involved in:



- * choosing menus
- * preparing food and setting tables
- * washing dishes
- * tidying up and cleaning spillages



Please let nursery staff know if your child has any food allergies or particular likes or dislikes



If you would like any further information or advice about your child's diet or food and nutrition in nursery please speak to any member of staff

