

FOOD EXPERIENCE Beanstalk FNC

**Information for
parents / carers**

***Working together to
achieve more***




BEANSTALK
Family Nurture
Centre

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 healthy 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 benefit from having 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, siblings and friends around children is important in reinforcing the right messages.

A healthy balanced diet for 1-5 year olds is based around 4 food groups: -

- **Bread, rice, potatoes and pasta**
- **Fruits and vegetables**
- **Meat, fish, eggs and beans**
- **Milk and dairy**



Our food experience at nursery aims to ensure that children are offered a well balanced, minimally processed, nutritious and appetising meal from the food groups above.



i.e. fruit, crackers, cereal, cheese, natural yoghurt, milk and water

The food experience consists of a snack am/pm and a rolling lunch period.

The children make choices and are developing independence and self help skills and socialising with other children.

The children are fully involved in:

- **Choosing menus**
- **Preparing food and setting tables**
- **Washing their own dishes**
- **Tidying up and clearing spillages**



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



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

