

Snack in Nursery

Information for Families



Torryburn Nursery

Growing and Learning Together!
KINDNESS FUN PLAY

Healthy eating and nutrition in the early years is vital. Children's early experiences of food play an important part in shaping later eating habits. 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 familiar adults demonstrating good food choices and eating habits is important in reinforcing the right messages.



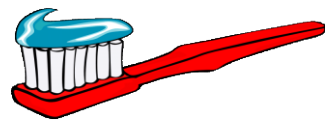
The Snack Area

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 usually fully involved in:

- * Choosing snack for the week and writing daily menus.
- * Preparing food.
- * Collecting their own snack and utensils.
- * Washing dishes.
- * Tidying up and cleaning spillages.
- * Toothbrushing.



Due to current circumstances we are still encouraging children to be as independent as possible, while following government guidelines to keep children safe. This means not allowing any cross contamination between children's food and drink and not currently enforcing toothbrushing in Nursery. We will continue toothbrushing again when it is safe to do so, along with furthering children's independence during snack time.

A variety of simple nutritious snacks are available each day. This may include crackers and cheese, cereal, yoghurt, toast etc. Fresh fruit is available every day along with milk and water for drinking.

Please let nursery staff know if your child has any food allergies or intolerances 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.

