

**Snack**

**Aim:**

* Ensure the children are provided with a variety of snacks which promote a healthy eating programme.

**Objectives:**

* To encourage healthy eating
* To promote personal hygiene
* To promote independence and decision making
* To promote positively as a free choice act.
* To promote equal opportunities and positive behaviour through social skills.

**Procedures:**

* Children will be encouraged to foster good personal hygiene as part of their normal daily routine
* Children will have the opportunity to sample food which may not be familiar to them
* Children will be encouraged to develop self help skills

Children will have the chance to follow a routine –

ie. wash hands

locate and post name

select choice of milk/water

collect plate

find place at table

select from choices offered in buffet style server in the centre of the table

clear their dishes and wash their hands when they have finished

**Updated August 2018 by N. Ferguson**

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**Woodlands Nursery Class – SNACK** 

