

HEALTHY EATING AND KEEPING FIT POLICY

AIM

The cylch believes that snack times are an important aspect of its activities. Snack times offer children and staff a social time, and they help children to learn about healthy eating. The cylch aims to provide nutritious snacks which will fulfil the children's individual dietary needs, and will meet all CSSIW's requirements regarding food and drink.

The cylch places emphasis upon ensuring that children receive messages about the importance of keeping fit and that they have daily opportunities to enjoy fine and gross physical activities, both indoors and in the open air.

CODE OF PRACTICE

The cylch will:

- provide suitable snacks for every child dependent upon his age, development, needs and religious background. This will include children with special dietary needs
- provide a drink of milk for every child as part of the mid-morning snack session, unless there are dietary reasons why an individual child cannot have milk
- provide drinking water at all times for children and staff
- inform parents if a child is persistently unwilling to eat his snack
- encourage parents/guardians to offer suggestions for healthy snacks
- implement a specific allergy plan for any child who has an allergic reaction
- ask parents of children with special dietary needs to provide as much information as possible about suitable snacks. In some cases parents will be asked to provide their own food
- ensure that staff sit with the children when they eat and encourage good eating habits and good behaviour at the table
- give the children enough time to eat their snacks
- ensure that the children are sitting at a table when eating or drinking
- ensure that snacks are not withdrawn from children as punishment
- ensure that no child is forced to eat against his will
- ask parents not to send sweets, crisps or other unsuitable snacks to the cylch
- ensure healthy foods for birthday parties or any other events in the cylch
- ensure that all the foods in the cylch are stored, prepared and served in accordance with good practice in food safety and hygiene
- ensure training for staff on healthy eating and food safety and hygiene
- ensure that the children and staff wash their hands thoroughly before serving or eating a snack
- ensure that children play in the open air every day so that they enjoy sunshine, which helps their bodies to produce vitamin D (see the Protection from the Sun Policy)
- use a range of cylch activities, play areas and themes to introduce children to messages about healthy eating and keeping fit
- hold physical activities indoors and outdoors every day so that the children have the opportunity to keep fit
- use dance and creative movement activities to encourage children to enjoy keeping fit

Cylchoedd may need to register with the Food Standards Agency. The cylch should refer to the agency's website for more information:

www.food.gov.uk/wales/about-fsa-wales/cymru/gorfodi/cshb/