

FOOD, NUTRITION, HEALTH & EXERCISE POLICY

This policy outlines KLT'S approach to promoting healthy eating, nutrition education, and regular physical activity. Our aim is to support children's health, wellbeing, and development by providing nutritious meals, modelling positive food habits, and offering daily opportunities for active play.

All management and staff understand and have access to the Early Years Foundation Stage Nutrition Guidance, May 2025. We use this guidance to provide a healthy, nutritional environment.

Aims

- To provide balanced, nutritious meals and snacks that meet children's dietary needs.
- To encourage healthy attitudes toward food and physical activity from an early age.
- To promote a safe, inclusive environment that respects individual dietary requirements.
- To ensure staff model and encourage healthy lifestyle choices.
- To support parents/carers in establishing healthy routines at home.

Nutrition & Food

We use Cupcakes Catering Company to provide our lunchtime meal and dessert; they also have regard to the Early Years Foundation Stage Nutrition Guidance; May 2025 and they aim to make their meals as healthy and nutritious as possible.

Meals and Snacks

- Meals and snacks provided by the nursery will be healthy, balanced, and in line with national dietary guidelines.
- Fresh fruit and vegetables will be offered daily.
- Food will be low in salt and sugar with minimal processed items.
- Drinking water will always be freely accessible.
- Milk will be offered daily as part of snack times.

Meal Environment

- Mealtimes are social, relaxed, and educational.
- Children are encouraged to try new foods but never forced to eat.
- Staff sit with children to model positive eating behaviours.
- Children are supported in developing self-feeding and table skills appropriate to their age.
- Background noise is limited during mealtimes e.g. loud music, loud singing etc.

Food Hygiene & Safety

- All staff involved in food preparation hold appropriate food hygiene training. This is completed on Noodle Now, staff can access Level 1, 2 and 3 Training. Kitchen staff and Management are required to complete the Level 3 Training course 'Advanced Food and Safety Hygiene- Level 3'
- Food is prepared and stored in compliance with food safety standards.
- Mealtimes are supervised to ensure safe eating practices, including minimising choking risks.
- Allergens are clearly labelled, and staff follow allergy management procedures.
- All Staff except Kitchen and Officer staff are Paediatric First Aid Trained.
- All staff are encouraged to complete 'Allergy Awareness' Training during Induction.
- The Safer Food and Better Business Pack is used at both settings.

Healthy Eating Education

- Children learn about food, nutrition, and making healthy choices through hands-on activities.
- Themes such as "where food comes from" or "five-a-day" are incorporated into planning.
- Healthy eating messages are reinforced positively.

Physical Activity & Exercise

- Children will be encouraged and supported within daily physical exercise whether this be dance, yoga, balancing, soft play, climbing, action songs, outside play, extracurricular activities such as football, dance, rugby, forest school, karate, etc
- Children participate in physical activity every day, indoors and outdoors.
- Activities include running, climbing, dancing, balance games, obstacle courses, and free movement.
- Outdoor play is offered in all safe weather conditions, parents/carers are expected to provide all weather clothing.

Developmentally Appropriate Movement

- Babies have daily supervised tummy time, stretching, crawling, and sensory movement.
- Dolphins, Parrots and Preschooler children take part in structured and unstructured physical play to develop their motor skills.

Minimising Screen Time

- Screen use, if any, is extremely limited and developmentally appropriate. If the children are 'watching' the large tablets, then 15-30 minutes maximum; this would include things like 'Going to the dentist' 'Fireworks' 'Stories and Singing'. If the children are actively taking part in tablet activities for example yoga, dough disco, body percussion, action songs, dancing then 30-60 minutes maximum. The large tablets may also be on in the classrooms to encourage early letter and number formation, shapes, sensory play, usage is monitored and children are given limited, timed access using sand timers.

- Long periods of sitting are avoided.

Staff Responsibilities

- Staff model healthy eating and active lifestyles. Staff (unless pregnant) are not encouraged to eat with the children- this is to ensure that their whole attention is on the children whilst they eat. Staff are not allowed to drink fizzy/energy drinks or to eat what we call 'in moderation foods' in sight of the children; if a snack is needed it would need to be fruit or something healthy- we must be good role models. Birthday cake is allowed and staff so long as the children are taking part can do the same.
- Staff ensure children's dietary records are kept up to date and followed.
- Staff support children in developing independence skills.
- Physical activities are supervised and risk assessed.
- Staff must complete all required training around this topic.

Partnership with Parents/Carers

- The nursery shares menus, allergy information, and procedures with parents.
- Healthy packed lunches are encouraged where applicable.
- Parents are informed of physical activities and related events.

Celebrations, Birthdays & Special Events

- Non-food-based celebrations are encouraged.
- If parents provide food for celebrations, healthy options are preferred and a full ingredients list must be provided for homemade, unpackaged foods.
- Sweets and high-sugar treats are limited.

Monitoring & Review

- This policy is reviewed annually or sooner if guidance changes.
- Staff and parent/carer feedback will inform policy updates.

Devised December 2025

