



Winton Pre-School Little Explorers

09 Early years practice procedures

09.8 Snack-times and mealtimes (older children)

Children are supervised during mealtimes and always remain within sight and hearing of staff and where possible should be sat facing children whilst they are eating so they can make sure children are eating in a way to prevent choking and also prevent food sharing and to be aware of any unexpected allergic reactions. A member of staff with a valid Paediatric First Aid certificate is always present at meal and snack times, and staff are responsible for ensuring that the food provided meets each child's needs.

Snack times

- Parents provide their children's own snack. These are held morning and mid-afternoon and can be organised according to the discretion of the setting manager e.g. picnic on a blanket.
- Children may also take turns to help set the table. Small, lidded plastic jugs are provided with choice of milk or water.
- Children wash their hands before snack-time.
- Children are offered milk. Parents/carers can provide an alternative if a child has an intolerance to dairy/Lactose
- Children arrive as they want refreshment and leave when they have had enough. Children are not made to leave their play if they do not want to have a snack.
- Staff join in conversation and encourage children's independence by allowing them to pour drinks, collect their own snack pot and put these away when finished.

Mealtimes

- Tables are never overcrowded during mealtimes.
- Children are supervised during mealtimes and always remain within sight and hearing of staff and where possible should be sat facing children whilst they are eating.
- A member of staff with a valid Paediatric First Aid certificate is always present at meal and snack times
- Children wash their hands and sit down where their lunch box has been placed.
- Children are encouraged to eat a carbohydrate first
- Staff have their lunch with children and role-model healthy eating and best practice at all times, for example not drinking cans of fizzy drinks in front of the children.
- Children are given time to eat at their own pace and are not hurried to fit in with adults' tasks and breaks. They are not made to eat what they do not like and are only encouraged to try new foods slowly.

- In order to protect children with food allergies or specific dietary requirements, children are discouraged from sharing and swapping their food with one another.
- Mealtimes are relaxed opportunities for social interaction between children and the adults who care for them.