

# Healthy Eating Policy

In order for children to develop healthily, a good balanced diet is required along with fresh air and regular exercise.

I work hard to provide all children in my care with a good variety of healthy meals, snacks and drinks.

I try to encourage healthy options and for children to experiment by trying new foods from other cultures. Older children are also invited to help in the preparation of food and meals. Children love to get involved with cooking and by doing so they can develop a number of skills such as learning to take turns, language development and maths whilst also having the opportunity to try new foods and to see what whole foods look like before they are cooked and served.

I am happy to discuss menus with parents and cater for children with different food allergies and cultural/religious requirements. If your child has any particular dislikes or favourite dishes, please let me know.

I will record what your child has eaten and approximate amounts in their daily diary. If you have any concerns regarding diet/menu/quantity please do not hesitate to discuss it with me.

I am more than happy to support you if you are weaning your baby.

For drinks children are offered water or milk.

I may do baking with the children from time to time and allow them to sample what we have made at snack time. On birthdays, sometimes parents will send in a cake for the children to share, all allergies and intolerances are noted, and if your child/ren is / are able to eat it, they will be offered some. I do not usually offer sweets unless it is a special occasion. Please let me know if you do not permit your child to eat sweets or sample the baking that we make.

Details of any allergies or food intolerances that your child may have will be collected on registration, in your child's All About Me booklet. Please let me know immediately if there are any changes to this.

# Khadija Daycare