



The new montessori pre-school

The Methodist Church, Tarring Road, Worthing BN11 4ET

Call: 01903 535 412 Email: info@thenewmontessoripreschool.org.uk

Policy

Healthy Eating

Our pre-school ensures that all foods provided by us and consumed on our premises are healthy and nutritious. All children are provided with the opportunities to have regular drinks and food in adequate quantities for their needs. All foods and drinks are properly prepared following our food hygiene and kitchen policies and take into account and comply with dietary and religious requirements.

Aim

Our pre-schools aim is to ensure that we work in partnership with families and other professional to support our children in developing healthy eating practices which will become embedded for life.

Objectives:

- To provide our children with positive eating and drinking experiences in order to promote their well-being.
- To respect the different dietary, cultural, religious and health needs of all our children.
- To encourage our children with positive attitudes towards food/drink through our Montessori/EYFS curriculum and all the other learning opportunities that are provide within our pre-school.
- To promote an understanding of a balanced diet in which some foods play a greater role than others-please see our lunch box checklist.
- To promote an understanding of the need to drink water frequently and to enable our children to recognise when they need to drink.
- To develop our children understands of the importance of the social context in which eating takes place.
- To raise awareness with our children, parents and carers in developing a positive approach to food, nutrition and oral education.
- To encourage responsibility and accountability of all parents and carers in offering healthy choices to our children.

By providing advice and information regarding health and suitable foods our pre-school can encourage parents/carers and our children to make a positive contribution to their children's health.

To encourage awareness of healthy eating/drinking, our children are offered different varieties of fruit and vegetables, followed by a biscuit or bread stick. To maintain a healthy influence in our environment milk/water are available to our children at all times/with exception of lunch club when only water is provided.

Charity Number 1086853
Company Number 3908382
www.thenewmontessoripreschool.org.uk



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