



Healthy Eating Policy

At Apple blossom nursery we believe that a child should have a balanced diet to support the children's development. It is important that the food offered in our setting provides appropriate amounts of energy and nutrients and encourages the development of healthy eating habits in young children.

Eating Well For Children Ages 1-4 Years

- Ensure they get the right amount of energy and nutrients needed to support growth, development, health, and well-being.
- Encourage children to eat a wide range of foods and develop healthy eating habits to take with them into later childhood and beyond.

A healthy balanced diet for children aged 1-4 years is based on the four food groups listed below.

- Potatoes, Bread, Rice, Pasta, and other starchy carbohydrates
- Fruit and Vegetables
- Beans, Pulses, Fish, Eggs, Meat, and other proteins
- Dairy and Alternatives

Eating Well Across The Day

It is essential that children of this age have balanced meals across the day, this consumes: Breakfast, lunch, tea and two or three snacks provided daily. We will comply with the example menus for early years settings in England conducted by the HM Government, below you can find the link:

[Example menus for early years settings in England: part 1 \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/612222/example_menus_for_early_years_settings_in_england_part_1.pdf)

The children are offered water or milk with their meals or snacks. Water is always available in our setting.

We also understand that all children have various sensory issues and that some children take longer to introduce different foods to them. We will always support the parents/carers with this.

As part of our healthy eating plan we will offer play support such as using real fruit and vegetables in our mud kitchen or in the home corner area, we will also explore play activities and use edible play wherever we can.