

HEALTH AND HYGIENE POLICY

Health and Outdoor play

The Early Years Foundation Stage (EYFS) suggest that wherever possible that children have plenty of opportunity to play outdoors.

Healthy Eating

We encourage good table manners and social behaviour during snack and mealtimes. Children are encouraged to try new foods and to develop understanding about healthy eating and the effects on their bodies.

We encourage children to drink water throughout the day particularly during warm weather.

Food Hygiene

- *All food will be prepared by staff who hold a current Food Hygiene qualification.
- *A variety of healthy foods will be on offer at snack and mealtimes.
- *Table surfaces will be cleaned after all mealtimes.
- *Children will be supervised whilst washing hands before eating and after toileting.
- *Adult supervision takes place at each table.
- *Dietary requirements and food allergies of all children are on display to all staff.

Lunch Box Policy

- *Parents are informed that it is their responsibility/preference to include an icepack in the lunch box if it contains perishable foods.
- *Particular attention will be given to the where children with food allergies sit.
- *Uneaten food will be put back into the lunch box to be sent home.

Hand Hygiene

Regular and effective hand washing amongst both staff and children is one of the most effective ways of controlling the spread of germs.

- *All children are encouraged to wash their hands before and after meals and snacks.
- *All children must wash their hands before they participate in cooking or preparing food activities.
- *All children are encouraged to cover their mouth when sneezing or coughing.
- *Hands should always be washed after using the toilet or nappy change.

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