



# Healthy Eating and Oral Health Policy



## **Aims:**

Our aims are:

- To provide children under 5 with a wide and nutritionally balanced diet to develop their health, growth and wellbeing.
- To show children that meal times are a good time to socialise with each other and to share food together.

## **Eating a varied diet**

We believe that children should eat a varied diet because this is associated with better health as it is more likely to contain all the vitamins and minerals the body needs.

They should eat foods from each of the four main food groups every day. The four main food groups are:

- Bread, other cereals and potatoes
- Fruit and vegetables
- Milk and dairy foods
- Meat, fish or alternatives such as pulses (peas, beans, lentils and soya.)

## **Healthy eating and healthy teeth**

Sugary foods and drinks are avoided as:

- They can encourage a liking for sweet foods in young children
- Can lead to tooth decay if consumed frequently
- Tend to be high in calories and low in vitamins and minerals

The healthy diet provided in nursery is the best possible diet for healthy teeth. Foods that contain sugar are eaten as part of a meal. Snacks such as fruit, vegetables, rice cakes and bread sticks are nutritious and free of added sugar. Water and milk, which are the safest drinks for teeth, are provided between meals. Only water can be brought in a child's drinks bottle.

- Dietary requirements or food allergies are displayed in each of the room and in the kitchen.
- Records are made of food and drink intake of all babies and parents informed.
- A variety of foods should be served throughout the menu cycle and a minimum of three week menu cycle is provided.
- We make the food look attractive and a combination of different textures increases appeal.

## **Nursery hot lunches**

The standards set by National nutritional standards for school lunches say that there must be available every day at least one from each of the following food groups;

- Starchy foods such as bread, potatoes, rice and pasta.
- Fruit and vegetables
- Milk and dairy foods
- Meat, fish and other non-dairy sources of protein.

If children are to bring a packed lunch the nursery follows these guidelines:

**Packed lunches should include the following:**



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- At least one portion of fruit and/ or vegetables every day
- Meat, fish or other source of non-dairy protein every day (chickpeas, hummus, lentils)
- Oily fish, such as salmon, tuna at least weekly whenever possible.
- A starchy food such as bread, pasta, rice, couscous, noodles or potatoes
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only still water, fruit juice, squash, milk, yoghurt or smoothies as a drink every day.

## **Packed lunches should not include:**

- Confectionery such as chocolate bars and sweets. Chocolate cakes and chocolate coated biscuits/chocolate mousse may be allowed as part of a balanced meal.
- The Orchard Nursery recognises that some children may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.  
For these reasons children are also not permitted to swap food items.

## **Equal Opportunities**

All children and their parents/carers should be respected as individuals and their food preferences and religious requirements should be accommodated. This is done by celebrating different festivals and encouraging families to share how they celebrate the festival and the food, which is associated with it. It is important to value the contributions which different cultures and nationalities make to the variety of foods eaten.

Where children and/or adults have been diagnosed by a GP or hospital doctor to be suffering from food poisoning and where it seems possible that the source of the outbreak is within the setting, the manager will contact the Environmental Health Department and the Health Protection Agency, to report the outbreak and will comply with any investigation.

Any confirmed cases of food poisoning affecting two or more children looked after on the premises are notified to Ofsted as soon as reasonably practicable, and always within 14 days of the incident.

## **Oral Health**

At The Orchard nursery we promote “good oral health of children” which has been introduced following research by Public Health England that suggests that 1 in 5 children aged 5, have experienced tooth decay.

The aim of the new requirement is to reduce tooth decay in children and associated hospital admissions, since it is the most common reason for children aged 6 to 10 to be admitted to hospital to have teeth removed.

## **We will encourage good oral health in the following ways:**

- Talking to children about the effects of eating too many sweet things



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- Promoting regular tooth brushing – twice a day for 2 minutes using a fluoride toothpaste
- Encouraging children to visit the dentist regularly (twice a year is recommended)
- Encouraging parents to promote good oral health at home
- Read books about going to the dentist and promote activities relating to oral health
- Our curriculum has been adapted to enhance good oral health through a story based approach to teaching and learning this subject.

Signed on behalf of the nursery.....*Emma Middleton*.....Date:.... August 2021