

Diet – Policy and Practice

The sharing of refreshments can play an important part in the social life of the pre-school as well as reinforcing the children's understanding of the importance of healthy eating.

The pre-school will ensure that:

- All meals and snacks provided are nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings.
- Children's medical and personal dietary requirements are respected.
- Multi-cultured foods are offered to ensure that children encounter familiar tastes and that all children have the opportunity to try unfamiliar foods.
- The dietary rules of religious groups and also of vegetarians/vegans are known and met in appropriate ways
- Milk provided for children is whole and pasteurised.