

## 09 Early years practice procedures

### 09.08 Prime times – Snack-times and mealtimes (older children)

Children are supervised during mealtimes and always remain within sight and hearing of staff. A member of staff with a valid first aid certificate is always present at mealtimes and there is a named person responsible for ensuring that the food provided meets each child's needs.

#### Snack times

- A 'snack' is prepared at 9.30am morning and at 3.30pm afternoon and can be organised according to the discretion of the setting manager e.g. picnic on a blanket.
- Children may also take turns to help set the table. Small, [REDACTED] plastic jugs are provided with choice of milk or water.
- Children wash their hands before and after snack-time.
- Children are only offered [REDACTED] semi-skimmed milk as a main drink, if they are eating a varied and balanced diet.
- Fruit or raw vegetables, such as carrot or tomato, are offered in batons, which children should be encouraged to help in preparing. Bananas and other foods are not cut as rounds but are sliced to minimise a choking hazard.
- Portion sizes are gauged as appropriate to the age of the child.

[REDACTED]

[REDACTED]

[REDACTED]

- Staff join in conversation and encourage children's independence by allowing them to pour drinks, [REDACTED], cut fruit etc.

#### Mealtimes

- Tables are never overcrowded during mealtimes.
- Children are always within sight and hearing of staff at mealtimes
- There is a Paediatric First Aider present at children's meal and snack times.
- Children help staff set tables.

[REDACTED]

[REDACTED]

- [REDACTED]
- [REDACTED]
- Children wash their hands and sit down as food is ready to be served.

- [REDACTED]
- [REDACTED]
- [REDACTED]
- Children are given time to eat at their own pace and are not hurried to fit in with adults' tasks and breaks. They are not made to eat what they do not like and are encouraged to try new foods slowly.
  - To protect children with food allergies or specific dietary requirements, children are discouraged from sharing and swapping their food with one another.
  - If children do not eat their main course, they are not denied pudding. Food is not used as a reward or punishment.
  - Mealtimes are relaxed opportunities for social interaction between children and adults.

[REDACTED] There are sometimes opportunities for children to eat with friends on other tables. [REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED] Children go to the bathroom and wash their hands after lunch [REDACTED]. [REDACTED]

[REDACTED]

[REDACTED]

- Information for parents/carers is displayed on the parent/carers notice board, including:
  - Ten Steps for Healthy Toddlers [https://infantandtoddlerforum.org/media/upload/pdf-downloads/HR\\_toddler\\_booklet\\_green.pdf](https://infantandtoddlerforum.org/media/upload/pdf-downloads/HR_toddler_booklet_green.pdf)
  - Daily menus including identification of any foods containing allergens