

TAMSIN'S LITTLE ACORNS

Promoting Healthy Eating

The children in my care all love to cook! I promote and support healthy eating and there is no better way than to encourage the children to help prepare the food they will be eating.

Cooking supports several aspects of learning including, communication skills, language, mathematics and listening and understanding instructions.

When the children are cooking together they are discussing the different foods, sharing the utensils and ingredients and of course, having fun.

Throughout the cooking process I explain the importance of safety, for example why we don't touch the oven and also the importance of good hygiene practices. The activities are all risk assessed and the utensils are appropriate to the child's age and developmental stage.

Examples of the food we prepare: fruit kebabs, fruit salads, vegetables and dip, pizzas, sandwiches, cakes, biscuits and breads. We also enjoy making fruit smoothies and creating our own ice lollies.

If the children are old enough we like to visit the supermarket and choose the shopping together. We write a shopping list before we go and then each child has a task to find certain foods.

The children are encouraged to choose the healthy option, however I am conscious of allergies and specific dietary requirements.

Reasons for Special Dietary requirements:

- Religious or Cultural
- Vegetarian or Vegan
- Food Intolerance
- Medical Condition
 - Allergy

Before I begin to care for any child I ask that the parents give me full and detailed dietary requirements, including a child's likes and dislikes, so we can produce a suitable menu together.

If you have any questions about my Promoting Healthy Eating Policy please do not hesitate to ask.