

Mogghill Nursery School

Diet - Policy and Practice

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

Food offered is fresh, wholesome and balanced

A multi-cultural diet is offered to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity also 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/semiskimmed and pasteurised

Children provide their own drink bottles for use during the day; these are accessible at all times and should only contain water.

The two week snack menu is displayed on the parent board.