

# Little Explorers Nursery

Policy adopted on 01/11/12

Reviewed 20/07/15

## Diet Policy and Practice

The sharing of refreshments can play an important part in the social life of Little Explorers Nursery as well as reinforcing children's understanding of the importance of healthy eating. Little Explorers Nursery will ensure that: All snacks provided are nutritious and cultural. Children's medical and personal dietary requirements are respected and recorded on the registration form and entered on the dietary sheets in the kitchen.

The children take it in turns to be involved in the preparation of snack and we use snack time to socialize in groups and to sample different foods from other cultures and parts of the world.

Little Explorers Nursery values the use of food within the curriculum.

Signed on behalf of Little Explorers by