



Claydon Pre-school

09 Standard Childcare Practice

09.8 Prime times – Snack-times and mealtimes (older children)

Snack times

- A 'snack' is prepared mid-morning and mid-afternoon and can be organised according to the discretion of the management team e.g. picnic on a blanket.
- Children may also take turns to help set the table. Plastic jugs are provided with choice of milk or water.
- Children wash their hands before and after snack-time.
- Children are only offered semi-skimmed milk as a main drink, as long as 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.
- Children arrive as they want refreshment and leave when they have had enough. Children are not made to leave their play if they do not want to have a snack, but are encouraged to have a drink.
- Staff join in conversation and encourage children's independence by allowing them to pour drinks, butter toast, cut fruit etc.

Mealtimes

- Tables are never overcrowded during mealtimes. Some social distancing is encouraged even though it is acknowledged that children will play in close proximity for the rest of the session.
- Children help staff set tables.
- Children wash their hands and sit down as food is ready to be served.
- Children are encouraged to choose what they want and to take their own helpings.
- Staff have their lunch with children and do not eat different food in front of children. Staff who are eating with the children role-model healthy eating and best practice at all times, for example not drinking cans of fizzy drinks in front of the children.
- In order to protect children with food allergies or specific dietary requirements, children are discouraged from sharing and swapping their food with one another.

- Mealtimes are relaxed opportunities for social interaction between children and the adults who care for them.
- Children go to the bathroom and wash their hands after lunch.