

Portion sizes

Remember children's appetites vary depending on age, growth spurts, and how much activity they have done so it's important to provide appropriately sized portions. We encourage the children to eat what is in their lunchbox but we will not make your child finish everything or eat more than they want to



Allergies

Please be mindful of children who may have allergies when preparing your child's packed lunch. A food allergy is when the body's immune system reacts unusually to specific foods. Although allergic reactions are often mild, they can be very serious. In the most serious cases, a person has a severe allergic reaction, which can be life threatening.

We are a nut-free centre. Please do not send your child with any products that contain nuts.



Useful websites

<https://www.nhs.uk/healthier-families/food-facts/>

<https://www.nidirect.gov.uk/articles/healthy-eating-children>



A guide to support parents with healthy eating including healthy lunchboxes.



Parents play an important role in teaching children from a young age about choosing healthy food and drink.



When providing food for young children, consideration must be given to the following points:

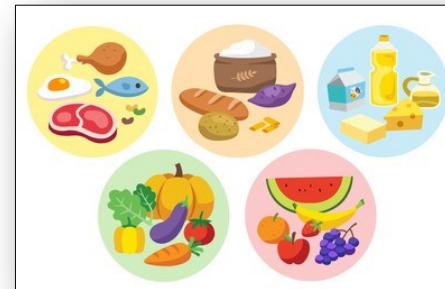
- Children's appetites may vary, not only from day to day, but also from one meal to the next.
- Children have smaller stomachs than adults so it is important to consider portion size when plating food.
- Every day, children need three meals plus snacks.
- Children should be encouraged to drink adequate amounts of fluids.
- A frequent intake of sugar and sugary foods and drinks between meals causes tooth decay. Snacks and drinks taken between meals should be sugar-free.
- Foods and drinks containing sugar should only be given occasionally and should be limited to mealtimes. Sugar may also appear on labels as sucrose, glucose, syrup, fructose or dextrose.
- Avoid low fat or diet products, as young children need the extra calories from fat to grow and develop properly. Full fat spreads and whole milk dairy products are recommended.
- Whole nuts are unsuitable for children under the age of five years because of the risk of choking. It is recommended that peanuts and products containing them, eg peanut butter, are not provided within the childcare setting. This is to protect children who may be at risk of nut allergy.
- It is recommended that grapes and cherry tomatoes are sliced or halved lengthways or prevent choking.

Healthy Eating

Good nutrition is essential during childhood, as it is a time of rapid growth, development and activity. This is also a vital time for healthy tooth development and prevention of decay. General eating habits and patterns are formed in the first few years of life. Poor nutrition during these years is associated with an increased risk of obesity, hypertension, diabetes and coronary heart disease.

Balanced Diet

Children need a healthy balanced diet containing foods from each food group so they get a wide range of nutrients to help them stay healthy. These needs can be met by including a variety of foods from each of the main food groups; protein, carbohydrates, fruit and vegetables, Dairy, Fats.



Oral health

Unhealthy diet and poor nutrition affect the teeth and growth of the jaws during development and later in life. The most significant effect of diet is in the mouth, particularly in the development of tooth decay and tooth erosion.

