Nexus Education Schools Trust

Eating Procedures

Date: June 2024
Review Date: June 2025

Nest Nurseries Eating/Drinking Procedures and Expectations

- Children will always be in sight and hearing of an adult when eating. During breakfast, snacks and tea, staff will sit with children as they eat.
- During 2 course meals, staff will offer and encourage children to each their main meal however pudding will always be offered.
- Adults will encourage children to reflect and regulate their own bodies by asking 'is y our tummy full' rather than 'take another bite for me'.
- Staff will always aim to ensure that mealtimes are positive for the children and avoid any pressure being put on children to eat. This helps provide a relaxing, enjoyable environment when eating and therefore children are more likely to try new foods.
- During snack times learning is maximised by making links to other areas of the curriculums e.g., maths- what shape would y ou like y our toast cut into? How many would y ou like? Language- what does y our food taste like? Is it crunchy?
- Children are encouraged to select, spread and cut their own snack and food as well as pour their own water or milk.
- A child sized jug of water will always be available to the children to access throughout the course of the day .
- Lunchtime starts at 11:55am. Children will wash their hands and use the toilets independently.
- Two children with an adult supervising will use a green cloth to wash all the tables (2 rectangle tables and 3 circle tables) using Milton Spray (only).
- As the children come back into the classroom, they will collect their own lunchbox from the new shelf and their water bottle.
- The children can choose where they want to sit at any table whether they are school dinners or packed lunch.
- The school dinner children can collect their own plates, and cutlery will be provided in the centre of the table in a dispenser for the children to independently select. Children will be encouraged to also select a knife.
- Adults will check that any serving dishes are cool enough to be safe for the children to use and handle independently.
- Children will be offered child sized utensils to independently select and serve themselves their food.
- Children to be encouraged to sit on their chairs on their bottoms with their feet flat on the floor and the chair pulled up close to the table.
- Children are encouraged to use a knife, fork and spoon dependent on their physical development skills (not age) and adult to facilitate and model good eating with the children including correctly use a knife to cut and a fork to stab and eat the food from.
- Children are expected and encouraged to eat a balance of a carbohydrate, a protein and a vegetable.
- Children are praised for trying new foods, recognising when they are full, using their cutlery, using polite manners/etiquette at the dinner table. Children will not be given a sticker for eating their food- however practitioners can use their judgement for reluctant eaters or children with sensory difficulties.
- Children independently throw their food waste into the bin and put their plates and cutlery into the sink and re-select their bowl for pudding. Note: long term we will look into being more sustainable with a food bin where we compost food waste.
- Children can self -select their pudding and pour their own sauces and custard once adults have checked the temperature is safe and the children have a child sized jug to pour from.
- At the end of lunchtime, children will support the teachers in sweeping the floor and wiping the tables clean again using a green cloth under adult supervision. Staff will ensure that all food has been swept away, to safeguard all children but particularly those with allergies.
- During any time that children are eating they are encouraged to use good manners such as please and thank y ou. Adults model this themselves throughout the nursery at all times.