



Healthy Eating and Nutrition

Purpose

The purpose of this policy is to ensure children at Beautiful Horizons ELC indulge in healthy eating which is crucial for their growth and development both physically and mentally.

Definitions

Healthy - in a good physical or mental condition; in good health.

Nutrition - the process of providing or obtaining the food necessary for health and growth.

Policy Statement

Nursery meals make significant contributions to healthy dietary behavior, at a time when eating habits and food preferences are being formed. The preschool standards state that food provided should be nutritious.

We at Beautiful Horizons ELC encourage parents to provide snack and meals based upon a healthy and nutritive balance of:

- Fruit and vegetables
- Proteins
- Carbohydrates
- Dairy

To promote and support our commitment to balanced diets and hygiene we work alongside parents and caregivers by following set procedures with children at meal times, some of these examples are:

- Children who refuse food are offered an alternative.
- Children who are slow eaters are given time to eat their food and not be rushed.
- Children bringing junk food are discouraged.
- Healthy eating is encouraged with positive reinforcement.
- Children are made to wash their hands before and after every meal.
- Children are encouraged to use table mats.
- Children are made to eat with their right hand, take small morsels, and not talk with food in their mouth.
- Children who finish their meal are given stickers and stars to encourage eating



[Street Address], [City, ST Zip Code]

[Telephone]

[Email]



Implementation Documents

Please refer to the following documents to ensure the effective implementation of the policy:

- Lesson plans
- World Food Day
- Healthy Eating



[Street Address], [City, ST Zip Code]

[Telephone]

[Email]

