



Nutrition Policy

You Are What You Eat



- I believe that good nutrition is vitally important. Especially for children, as they are still growing and developing their minds and bodies.
- I try very hard to give everyone a varied and balanced diet which will get them into good habits for the rest of their life.
- I expect children to try new foods
- I can easily provide alternative meals for vegetarians
- I am happy to cater for restricted diets or to provide more foods from other cultures, with guidance from parents
- I always provide children with five fruits and vegetables a day
- I prepare most of the children's meals from fresh ingredients.
(Usually I cook in bulk then freeze individual meals)
- We are always aware of the children's safety while I prepare food.
- I always follow hygienic practice while I prepare food. I have Basic Food Hygiene training.
- I involve children in cooking; from talking a baby through the finer points of making a bolognaise sauce, to encouraging a toddler to chop their banana, to watching a school child prepare their own pizza.
- I also enjoy making cakes, biscuits, bread sticks, etc... with children, for a special occasion, or just to eat as a snack.

