



MEAL TIMES POLICY & PROCEDURE

Meal times are social occasions when the staff sit beside the children, sharing conversation. Staff aim to make meal times a relaxed and enjoyable time.

The meal times for children are stated on the daily routine, apart from small babies who have their meals as and when required.

Meals include a choice of foods. If a child rejects or leaves any food no comment is made.

However, children are encouraged to sample new and different foods.

Children's dietary, religious and cultural needs are met, with alternative foods being offered.

Children sit around a table, with an average of six children and one adult.

Children are expected to sit down throughout the meal, and are encouraged to use their cutlery to eat their meal.

Staff encourage children to say "Please" and "Thank you" when appropriate.

Food is served from a serving dish, and each child is asked about the amount that they would like of each food.

The amounts of food eaten by each child together with any relevant comments are shared with parents / carers at the end of each day.