

09 Early years practice procedures

09.7 Lunch time

Lunch is a key time in the day for being close and to promote security, as well as for exploration and learning. We understand the importance of a healthy balanced diet for young children. At each lunch time, staff members at the lunch table check that the food provided meets all requirements for each child.

Lunch time

- Children have their lunch at a table with their key group and key person.
- Whilst eating, children are always within sight and hearing of a member of staff.
- Staff eat with the children and role-model hygiene, healthy eating and best practice at all times.
- Staff arrange the table before the children sit down.
- Children wash their hands before their lunch.
- Lunch time is a relaxed opportunities for social interaction of children with their group and the adults who care for them.
- In order to protect children with food allergies or specific dietary requirements, children do not share or swap their food with one another.
- Information for parents is displayed on the parent's notice board, including:
 - Ten Steps for Healthy Toddlers https://infantandtoddlerforum.org/media/upload/pdf-downloads/HR_toddler_booklet_green.pdf