

NUTRITION POLICY

AIM:

To encourage healthy eating habits the children will maintain for life.

To provide the children and families with positive learning experiences about the need for nutritious food for families.

EXPLANATION:

Food attitudes and habits are established very early in life. Poor nutrition has been linked to diseases such as obesity, heart disease, cancer and diabetes. Several studies of young Australian children have shown that a significant percentage have high blood fats, high blood pressure, constipation and other problems which could lead on to these diseases.

Nutrition influences the health and therefore the work of child care workers. A Primary School has a unique opportunity to develop good food attitudes and practices through example and teaching.

IMPLEMENTATION:

- Parents are asked to provide nutritious food and drink for morning tea and lunch, and refrain from including lollies or other foods with a high sugar, colour or preservative content.
- Provide cooking experiences for the children to extend their knowledge and familiarity with seasonal fruits and vegetables, and to reflect home cooking.
- Grow fresh food in the gardens to help children understand where food comes from, and what is required to produce food.
- Provide for children of different diets, e.g. vegetarian, allergies or other medical or religious reasons.
- Plan to incorporate foods from other cultures into the learning experiences provided.
- Ensure that meals are relaxed, pleasant and timed to meet the needs of the children.
- Encourage independence and social skills at morning tea and lunch.
- Water for drinking will be available at all times.
- Encourage families to participate in Kinma's weekly Snack Attack program.
- Remind families through the Parent Handbook, Parent Noticeboard and Newsletter of Kinma's 'NO NUT POLICY' which supports the inclusion of anaphylactic and allergy specific children and their families in the School and Preschool.

Statutory Legislation and Considerations

- Children (Education and Care Services National Law Application) Act 2010
- Education and Care Services National Regulations 2010
- National Quality Standards – Quality Area 2 – Children's Health & Safety 2.2.1; Quality Area 7 – Leadership and Service Management 7.3.5