

École Française de Bristol



Healthy Eating Policy

Last review date:	November 2025
Next review date:	November 2028

The School recognises the importance of a healthy and balanced diet to the optimum development of the young child. We also appreciate the vital role that the sharing of meals and snacks can have on social development.

- We aim to broaden children's experiences and encounters with food as widely as possible.
- We aim to encourage children to become independent, supporting them in acquiring the knowledge and confidence to make healthy choices as part of their lifelong learning.
- We aim to ensure all aspects of food and nutrition in the Centre promote good health and well-being for every child by giving children broad and early encounters with food in a variety of contexts.

With this in mind, the School will ensure that:

- All snacks provided are wholesome, nutritious and balanced, avoiding large quantities of fat, salt, sugar, additives, preservatives and colourings.
- Children's medical, religious and personal dietary requirements are respected.
- Every attempt will be made to include at least 3 portions of fruit and/or vegetables during the day (as snacks and in lunchboxes).
- All snacks will be presented in a manner to appeal to the children, respecting individual developmental stages.
- Tables will be cleaned and prepared ready for every snack time.
- All food and drinks will be served in an atmosphere that is relaxed, unhurried and calm. A member of staff will sit with each group of children to encourage positive eating habits and communication. Staff members are encouraged to eat with the children as it has been found that adults sharing the same meal as children is extremely effective in encouraging food acceptance among children.
- Menus are planned in advance and food offered is fresh, wholesome and balanced. Snack choices are displayed in the classroom in the nursery.
- A multicultural diet will be offered to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods.
- Children will be encouraged and assisted to wash their hands prior to sitting down for any meals or snacks
- Water will be available at all times.
- It will work in partnership with parents and health professionals ensuring the sharing of experience, knowledge and expertise (e.g. to support the provision of a nutritious packed lunch).
- Safe Food Handling training will be offered to all lunchtime assistants.