

09 Standard Childcare Practice

09.7 Prime times – Snack-times and mealtimes (older children)

Snack times

- A 'snack' is prepared mid-morning and mid-afternoon , the children are encouraged to help with theirs. Children may also take turns to help set the table. Small lplastic jugs are provided with choice of milk or water.
- Children wash their hands before and after snack-time.
- Children are offered semi-skimmed milk or water as a main drink
- Fruit or raw vegetables, such as carrot or tomato, are offered in batons, which children should be encouraged to help in preparing. Bananas and other foods are not cut as rounds, but are sliced to minimise a choking hazard.
- Portion sizes are gauged as appropriate to the age of the child.
- Biscuits should not be offered, but toast, rice cakes or oatcakes are good alternatives.
- Children arrive as they want refreshment and leave when they have had enough. Children are not made to leave their play if they do not want to have a snack.
- Staff join in conversation and encourage children's independence by allowing them to pour drinks, butter toast, cut fruit etc.

Lunch Times

- Tables are never overcrowded during mealtimes. Some social distancing is encouraged even though it is acknowledged that children will play in close proximity for the rest of the session.
- Plastic cloths are placed on tables
- Children wash their hands and collect their own lunch boxes
- Staff supervise the children by sitting with hm on their tables sometimes eating their own lunch
- Children are given time to eat at their own pace and are not hurried to fit in with adults' tasks and breaks. They are not made to eat what they do not like and are only encouraged to try new foods slowly.
- In order to protect children with food allergies or specific dietary requirements, children are discouraged from sharing and swapping their food with one another.
- Mealtimes are relaxed opportunities for social interaction between children and the adults who care for them.

- Ten Steps for Healthy Toddlers

https://infantandtoddlerforum.org/media/upload/pdf-downloads/HR_toddler_booklet_green.pdf

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