



Implementation	February 2026
Next Review	February 2027
Reviewer	Marietta Gilbert

NUTRITION AND MEALTIME POLICY

Make sure food is suitably prepared and served for babies and children under 5 years old. Choking can happen with any foods, but firm foods, bones and small round foods that can easily get stuck in the throat present a higher risk.

Think about size, shape and texture food, Cut food into narrow batons, avoid round shapes and firm food. Babies and young children should be supervised at all times while eating to identify the early signs of choking and prevent harm.

Babies and young children are encouraged to chew food well, ensure that they take time during meals. This reduces their risk of choking.

Meal times should be a happy, social occasion for children and staff alike. Positive interactions should be shared at these times and enjoyed. Longwood School and Nursery is committed to offering children healthy, nutritious and balanced meals and snacks, which meet individual's needs and requirements.

We will ensure that:

A balanced and healthy breakfast, midday meal, tea and two daily snacks are provided for children attending a full day in the School and Nursery

We have four Menus that are planned in advance, rotated once a week and reflect cultural diversity, variation and children's individual dietary requirements that are available to see on our website.

We provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.

Menus will include at least 3 servings of fresh fruit and vegetables per day.

Fresh drinking water will be constantly available and frequently offered to children and babies.

Individual dietary requirements will be respected. We will gather information from parents regarding their children's dietary needs including any allergies. Where appropriate we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual diet plan for their child

Staff will show sensitivity in providing for children's diets and allergies. They would not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy

Meal and snack times will be organised so that they are social occasions in which children and staff participate in small groups. During meals and snack times children will be encouraged to use their manners and say 'Please' and 'Thank you' and conversation will be encouraged

Staff will use meal and snack times to help promote children to develop independence through making choices, serving food and drink, and feeding themselves. Staff will support children to make healthy choices and understand the need for healthy eating

We provide foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones. Cultural differences in eating habits will be respected.

Any child who shows signs of distress at being faced with a meal he/she does not like will have his food removed without any fuss. If a child does not finish his first course, he/she will still be given a small helping of dessert. Children not on special diets will be encouraged to eat a small piece of everything.

Children who refuse to eat at the mealtime will be offered food later in the day and will offer alternative according to child's dietary requirements.

Children who are slow eaters will be given time and not rushed.

Quantities offered will take account of the ages of the children being catered for.

We will promote positive attitudes to healthy eating through play opportunities and discussions.

Mealtimes will be used as an opportunity to encourage independence with children encouraged to serve part of their own meals, pour their own drinks, help set the tables and clear away. The children in the Nursery have their own individual place mat that they use every meal which reflect their dietary requirements. We use traffic lights coding, green if they can have everything, yellow for cultural or religious beliefs and red with allergies.

By: Marietta Gilbert