



Fraser Park Preschool-7 School



Government of South Australia
Department for Education

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Nutrition, Food and Beverage Policy

NQS

QA2	2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.
	2.1.3	Healthy lifestyle	Healthy eating and physical activity are promoted and appropriate for each child.
	2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

National Regulations

Regs	77	Health, hygiene and safe food practices
	78	Food and beverages
	79	Service providing food and beverages
	80	Weekly menu
	90	Medical conditions policy
	91	Medical conditions policy to be provided to parents
	162	Health information to be kept in enrolment record
	168 (2)	Education and care service must have policies and procedures (a) Health and Safety (i) Nutrition, food and beverages, dietary requirements

EYLF Learning Outcomes

3.2	Children take increasing responsibility for their own health and physical wellbeing
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Aim

Pulyeri aims to promote healthy lifestyles, good nutrition and the wellbeing of all of children, educators and families using procedures and policies. We also aim to support and provide adequately for children with food allergies, dietary requirements and restrictions and specific cultural and religious practices. This dietary information will also be provided to families so they can plan healthy home meals for their child.

Related Policies

Additional Needs Policy
Enrolment Policy Health, Hygiene and Safe Food Policy
Immunisation and Disease Prevention Policy
Incident, Injury, Trauma, Illness Policy
Medical Conditions Policy
Physical Activity Promotion Policy
Relationships with Children Policy

Policy Review

The Nutrition and Feeding Policy will be reviewed every 2 years. Feedback will be sought from staff and parents/families when the policy is reviewed. The Director will provide a copy of the policy at enrolment and is available in the Policy folder located in the foyer of Fraser Park. Parents will be notified by the Director via the newsletter when the policy is to be reviewed.

Implementation

Mealtimes and the eating environment

Goal: To provide a safe, supportive and social environment in which children can enjoy eating.

- Children will be supervised whilst eating at all times.
- Staff will sit with children and, where possible and eat
- Staff will promote a positive, relaxed, social eating environment with children.
- Staff will promote positive discussion about the foods being served to children.
- Food will not be used as a punishment or reward, whether by its provision or denial.
- Staff will provide positive encouragement and role modelling.
- The food preferences of the children will be respected.
- Cultural food events and practices are celebrated.
- Staff will discuss food from a variety of cultures.
- Staff will talk about health and nutrition.
- Staff will encourage self-help and, where necessary, assist children at mealtimes.
- Precautions to prevent and treat choking are known by all staff and implemented.

Families and Nutrition

Goal: To communicate effectively with parents, carers and families about their child's food and nutrition.

- Details of foods and serves eaten are provided to parents as appropriate
- Nutrition information is accessible to families, in appropriate languages where possible.
- Families receive information about the centre's food and nutrition policy prior to enrolment.
- Develop an awareness and act to the best of our abilities on cross-cultural eating patterns and related food values.
- Discuss food and nutrition with families.
- Talk to families about their child's food intake and voice any concerns about their child's eating.
- Display posters with nutritional information on them.
- Provide fresh drinking water at all times of the day and ensure that a child's liquid intake is adequate.
- Encourage parents to the best of our ability to continue our healthy eating message in their homes. This information will be provided upon enrolment and as new information becomes available.

Curriculum

Goal: To teach children about food and nutrition.

Food and talking about food and good nutrition is a tool to develop:

- Literacy and numeracy skills (through eg, food stories, 'reading' recipes and packets, cooking, food songs)
- Fine and gross motor skills (through food preparation, eg shredding lettuce, cutting pastry, kneading, cooking and gardening)
- Social skills (eg, eating together, dramatic play such as 'shopping', feeding toys, food puppets, sharing food and cooking)
- Awareness of other cultures (eg, theme days, stories, recipes, food implements)
- Cognitive skills (eg, food science, food cycles; food and the environment and gardening)

Pulyeri will:

- Include nutrition activities in planned curriculum and spontaneous programming.
- Source food activities from a variety of cultures
- Treat mealtimes as an opportunity for social learning.
- Discuss food safety with children.
- Teach children mealtime behaviour such as serving and clearing.
- Ensure that fundraising activities (e.g. cookbook, hot cross bun drive, pancake day) and after hour Centre functions will support the Centre Nutrition and Feeding Policy.
- Provide children with practical food preparation experiences.

Cooking with Children

We frequently include cooking experiences in Pulyeri's programming for the children. When these experiences are carried out, educators that are supervising will be vigilant to ensure food preparation remains a hygienic and safe experience. The relevant points from the above food preparation procedure will be followed during the children's cooking experiences.

Example of the type of activities children will participate in during cooking experiences include:

- Helping choose what to cook.
- Measuring and weighing ingredients.
- Stirring or mixing ingredients.
- Washing salad, vegetables or fruit.
- Setting the tables.

Other dietary considerations

- Cater to individual children's needs whether they be cultural, lifestyle-based or medical, however, the health and safety of children who are in care may, at times, come into conflict with cultural or family beliefs. Pulyeri reserves the right to promote the nutritional needs of children in care at all times.
- Leftover food will be discarded, not frozen and reheated, with the exception of food for specific dietary requirements.
- **For Allergies please refer to Allergies & Anaphylaxis - Reducing The Risk Policy**

Choking on food

Foods that typically create a problem are hard foods, those that require a reasonable amount of chewing, and small solid foods. The foods most commonly involved in choking are:

- Raw carrot (must be very finely sliced for under 4 year olds, grated or lightly steamed), celery and other raw vegetable pieces
- Pieces of raw apple – these must be very thinly sliced for children under 4
- Nuts, especially peanuts, walnuts and almonds
- Other foods associated with choking include sausages, sweets, popcorn, grapes (halved) and corn chips.
- At eating times always stay with young children and supervise them while eating. Make sure that young children sit quietly while eating and never force young children to eat, as this may cause them to choke.

- Make meal times relaxed and pleasant and timed to meet the needs of the children.
- Discuss food and nutrition with the children.
- Not allow food to be used as a form of punishment or to be used as a reward or bribe.
- Not allow the children to be force fed
- Encourage children to be independent and develop social skills at meal times.
- Provide fresh drinking water at all times of the day and ensure that a child's liquid intake is adequate.
- Offer an alternative (e.g. sandwich) if a child will not eat the lunch provided.

Promotion of healthy eating

- Provide families with healthy eating information in newsletters, posters and brochures.
- Provide the NSW "Go for 2 and 5" for families.
- Provide the Australian Guide for Healthy Eating, retrieved on 1 March 2010 from [http://www.health.gov.au/internet/main/publishing.nsf/Content/E384CFA588B74377CA256F190004059B/\\$File/fd-cons.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/E384CFA588B74377CA256F190004059B/$File/fd-cons.pdf)
- Present food attractively.
- Make meal times relaxed and pleasant and timed to meet the needs of the children.
- Discuss food and nutrition with the children.
- Not allow food to be used as a form of punishment or to be used as a reward or bribe.
- Not allow the children to be force fed.
- Encourage children to be independent and develop social skills at meal times.
- Establish healthy eating habits in the children by incorporating nutritional information into our program.
- Talk to families about their child's food intake and voice any concerns about their child's eating.
- Provide fresh drinking water at all times of the day and ensure that a child's liquid intake is adequate.
- Encourage parents to the best of our ability to continue our healthy eating message in their homes. This information will be provided upon enrolment and as new information becomes available.
- Encourage staff to present themselves as role models. This means maintaining good personal nutrition and eating with the children at meal times.
- Provide nutrition and food safety training opportunities for all staff including an awareness of other cultures food habits.

Sources

Sources Education and Care Services National Regulations 2018
Early Years Learning Framework
National Quality Standard
Food Standards Australia New Zealand
Safe Food Australia, 2nd Edition. January 2001
Start Right Eat Right, 2012
Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood
Dietary Guidelines for Children and Adolescents in Australia
Australian Guide for Healthy Eating Food Safety Standards for Australia 2001 Food
Standards Australia and New Zealand Act 1991
Food Standards Australia New Zealand Regulations 1994
Food Act 2003
Food Regulation 2004
Occupational Health and Safety Act 2000
Occupational Health and Safety Regulations 2001
Caring for Children- Food, Nutrition and Fun Activities, 4th Edition 2006
Australian Guide for Healthy Eating
Dietary Guidelines for Children and Adolescents in Australia incorporating the Infant
Feeding Dental Association Australia
Infant Feeding Guidelines for Health Workers (National Health & Medical Research
Council, 2003)
Feeding and Nutrition of Infants and Young Children (World Health Organisation,
2000)
Australian Breast Feeding Association Guidelines
Staying Healthy: Preventing infectious diseases in early childhood education & care
services (5th edn.)

Review

The policy will be reviewed every 2 years. The review will be conducted by:
Governing Council, Employees, Families, and Interested Parties.

Review	Changes made	Reason
June 2018	NQS Elements National Regulations	NQS Update Fixed Errors

Revised June 2018 Ratified October 2018