

Healthy Eating Policy

Smithfield Plains Kindergarten

We promote safe, healthy eating habits in line with the Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools and relates to the DfE wellbeing strategy.

Curriculum

- Is consistent with the Dietary Guidelines for Children and Adolescents in Australia, and the Australian Guide to Healthy Eating.
- Includes activities that provide children with knowledge, attitudes and skills to make positive and safe healthy food choices and learn about the variety of foods available for good health.
- Includes opportunities for children to develop practical food skills like preparing and cooking healthy food
- Integrates nutrition across EYLF linking with Outcome 3: 'Children develop responsibility for their health and wellbeing'. This also links with NQS Area 2 (Children's Health and Safety).

Healthy Eating Policy Guidelines at Smithfield Plains Kindergarten

- We are a NUT AWARE environment (NO Nutella, peanut paste, raw nuts and nut containing products).
- Nutritious foods promote fuller tummies, clearer minds and sustained energy and are highly encouraged at Kindergarten. A variety of foods in your child's diet will fuel their growing body including:
 - Protein
 - Fats
 - Carbohydrates
 - Fibre
 - Vitamins
 - Minerals
- We discourage families from packing high sugar, salt or fatty foods for their child and encourage them to eat their healthy alternatives first.
- We support our Multicultural community and encourage families to pack foods from their culture.