

ST. GABRIEL'S CATHOLIC PRE-SCHOOL

Well Lane, Alsager,
ST7 2PG
Tel: 01270 875770



09 Standard Childcare Practice

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

Snack times

- A 'snack' is prepared mid-morning and can be organised according to the discretion of the setting manager/preschool staff e.g. picnic on a blanket or snack in the outdoor area.
- Small, lidded plastic jugs are provided with choice of milk (semi-skimmed) or water.
- Children wash their hands before and after snack-time.
- Fruit or raw vegetables, such as carrot or tomato, are offered in batons.
- Snack time - Children are encouraged to choose what they want and to take their own helpings.
- 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, wash dishes etc.

Mealtimes

- Children join St Gabriel's Primary School when eating their lunch in the main school hall.
- Tables are never overcrowded during mealtimes.
- Children wash their hands and sit down as food is ready to be served.
- Children are encouraged to carry their own tray (with adult support and supervision) from the serving counter in the kitchen to their table.
- 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.
- If children do not eat their main course, they are not denied pudding. Food is not used as a reward or punishment.

- Mealtimes are relaxed opportunities for social interaction between children and the adults who care for them.
- After lunch children are encouraged to scrape their plates (with support).
- Children go to the bathroom and wash their hands after lunch.
- Information for parents is displayed on the parent's notice board, including:
 - Daily menus