



# FOOD AND NUTRITION IN THE EYFS POLICY

This Policy should be read in conjunction with the EYFS Policy

## RESPONSIBILITY

Staff Member:

Head

Last Reviewed:

November 2025

## **INTRODUCTION AND AIMS**

This policy has been developed in accordance with the Early Years Foundation Stage (EYFS) requirements and with regard to the Early Years Foundation Stage Nutrition Guidance, May 2025. It recognises that good nutrition is fundamental to children's health, development, and learning outcomes.

At Unicorn School the children in Red and Orange Classes are in the EYFS.

### **Our Aims:**

Our primary aim is to provide nutritious, balanced meals and snacks, supporting children's optimal growth and development during the Early Years. We are committed to creating positive mealtime experiences, not only supporting children's physical development, but also promoting lifelong healthy eating habits through enjoyable, social dining experiences.

The safety and wellbeing of all children remains paramount during all aspects of food preparation, serving, and consumption, with robust procedures in place to protect every child in our care. We work collaboratively with parents and carers as partners to meet each child's individual dietary needs, recognising that consistency between home and school supports the best outcomes for children.

We view food experiences as valuable opportunities for holistic learning and development, incorporating nutrition education naturally into our curriculum.

## **STAFF SUPERVISION AND SAFETY REQUIREMENTS**

### **Staff Positioning During Meals**

Children will always be within sight and sound of a member of staff when eating.

Where possible, staff will sit facing pupils whilst eating, ensuring continuous visual supervision and the ability to respond immediately to any situation that may arise, particularly choking incidents.

### **First Aid Requirements**

When Early Years children are eating, a member of staff holding a current Full Paediatric First Aid qualification is present. This essential safety requirement applies to all meal and snack times without exception, ensuring that should any emergency arise, particularly choking incidents which can occur silently and require immediate intervention, appropriately trained staff are immediately available to respond. Staff rotas are carefully arranged to ensure this requirement is consistently met, with first aid qualified staff clearly identified and their qualifications maintained through regular updates and renewal programmes.

## **PRE-ADMISSION REQUIREMENTS**

### **Essential Information Required:**

Before any child joins the school community, we obtain comprehensive information about their dietary requirements, which may stem from cultural, religious, or personal family preferences that are integral to their identity and wellbeing. We gather detailed information on food preferences and familiar foods that enable children to feel comfortable and secure in their new environment. Critical to child safety, we collect thorough documentation, details regarding any food allergies, including medical information and emergency procedures that must be followed in the event of an adverse reaction. Additionally, we record information about food intolerances, documenting associated symptoms and the specific management strategies that have proven effective for each individual child. We also gather information about any special health requirements that may impact nutrition or feeding practices, ensuring we can provide appropriate care that supports each child's individual needs.

## **MEAL AND SNACK PROVISION**

### **Nutritional Standards**

Unicorn School has regard for the Early Years Foundation Stage Nutrition Guidance, May 2025, and follows these guidelines unless there are documented reasons for alternative approaches.

### **Meal Scheduling**

Meals and snacks are thoughtfully provided at regular intervals throughout the day, with careful attention to children's natural rhythms and nutritional needs.

Understanding the high energy demands of early childhood growth and development, we ensure that children are offered a meal or snack every one-and-a-half to three hours, supporting sustained energy levels and healthy appetites for nutritious foods. Portion sizes are carefully calibrated to be age-appropriate while allowing children the opportunity to request additional servings, supporting their natural ability to self-regulate their intake. Our mealtimes are deliberately designed to be relaxed, calm occasions, encouraging shared conversation and social interaction, creating positive associations with food and eating that will benefit children throughout their lives.

### **Food Quality and Variety**

All food served is carefully selected to meet the comprehensive nutritional requirements necessary for growing children during these critical developmental years. Menus are thoughtfully designed to reflect and celebrate the rich cultural and ethnic diversity of our school community, ensuring that all children see their heritage represented and valued while also being introduced to new flavours and traditions. We prioritise fresh, wholesome ingredients wherever possible, recognising that

quality nutrition forms the foundation for optimal physical and cognitive development. Throughout all aspects of food preparation, we adhere strictly to relevant health and safety guidelines, maintaining the highest standards to protect the wellbeing of every child in our care

## **RESPONSIBILITY AND MONITORING**

### **Designated Responsibility**

At each mealtime and snack time, including during the extended day, there is a designated member of staff responsible for checking that the food being provided meets all requirements for each child.

#### **Daily Checks Include:**

Our comprehensive daily monitoring ensures that each child's special dietary requirements are met with accuracy, consistency, and careful attention to individual needs. Allergenic foods are robustly managed through appropriate separation, labelling, and handling procedures that eliminate cross-contamination risks. Staff ensure that food textures are appropriate for each child's current developmental stage and comfort level, avoiding both foods that are too advanced and those that may not provide appropriate challenge for developing oral motor skills. Additionally, we check that portion sizes are suitable for each child's age, developmental stage, and appetite patterns, supporting healthy growth while respecting individual differences in nutritional needs.

#### **Record Keeping**

All adverse reactions or concerns are thoroughly documented, including the specific foods involved, symptoms observed, timing, and actions taken, creating a comprehensive record that supports both immediate care and long-term health management.

We prioritise regular, meaningful communication with parents about their child's eating patterns, sharing both successes and any areas where additional support might be beneficial. Throughout this process, we maintain up-to-date dietary requirement records that are easily accessible to all relevant staff members, ensuring consistent and safe care across all interactions.

## **ALLERGY AND SPECIAL DIETARY MANAGEMENT**

### **Allergy Management**

We develop comprehensive individual care plans for children with food allergies, working closely with parents and healthcare professionals to ensure all aspects of the child's condition are understood and managed appropriately. Clear labelling and

physical separation of allergenic foods is maintained throughout our food preparation, storage, and serving processes, with dedicated equipment and preparation areas used where necessary to prevent cross-contamination.

All staff receive thorough training on recognising the early signs of allergic reactions and responding appropriately, including when and how to seek emergency medical assistance. Emergency medication prescribed for individual children is kept readily available in designated, easily accessible locations, with multiple staff members trained in its proper administration and emergency protocols clearly posted and regularly reviewed.

### **Special Diets**

We are committed to accommodating medical and dietary needs and, as far as reasonably possible, respecting religious and cultural practices, recognising that food is often central to family identity and wellbeing. Through regular review meetings with parents, we ensure that our understanding of each child's special dietary needs remains current and accurate as children grow and family circumstances evolve. When complex medical dietary requirements are involved, we actively seek consultation with healthcare professionals to ensure our approach is both safe and nutritionally appropriate. For every child with specific dietary needs, we provide suitable alternative options that are equally nutritious, ensuring no child feels excluded or different during mealtimes.

### **DRINKS PROVISION**

#### **Healthy Drink Options**

Water and milk serve as our primary drink offerings, recognising these as the healthiest options for supporting both dental health and overall physical development in young children.

All children have access to water throughout the day.

### **CHILD INVOLVEMENT AND INDEPENDENCE**

#### **Active Participation**

Children are actively involved in age-appropriate food preparation activities supporting their development while building positive relationships with food and cooking. These meaningful opportunities extend to table setting, food serving, and clearing activities, helping children develop independence and understanding of mealtime routines. We encourage and support self-feeding and self-serving skills appropriate to each child's developmental stage, providing guidance and assistance as needed while fostering growing independence. Food exploration activities are thoughtfully incorporated into our broader learning programme, using cooking and

food preparation as natural opportunities to develop fine motor skills, mathematical concepts, scientific understanding, and cultural awareness.

### **Choice and Autonomy**

Children are empowered to decide which foods they will eat from the healthy options provided, supporting their developing autonomy while ensuring all available choices are nutritionally beneficial. We maintain a firm policy that food is never used as a reward or punishment, recognising that such practices can create unhealthy relationships with eating that may persist throughout life. Children's individual preferences are respected and accommodated where possible, while gentle encouragement is provided to try new foods and expand dietary variety. We trust in children's natural ability to self-regulate their appetite and nutritional intake, allowing them to eat according to their hunger cues rather than imposed adult expectations about portion sizes or food combinations.

## **PARENT PARTNERSHIP**

### **Communication**

Weekly menus are available to parents through the School's website and weekly bulletin. They are also displayed in the Early Years setting. Ready access to the menus enables parents to make informed decisions about complementary meals and snacks provided at home.

## **CELEBRATIONS AND SPECIAL OCCASIONS**

### **Healthy Celebrations**

Birthdays and special occasions are celebrated in ways that align with our commitment to healthy nutrition, with creative alternatives to traditional sugary treats that still make children feel special and valued. We actively promote engaging non-food alternatives such as bubbles or stickers, creating positive memories without compromising nutritional goals. When food is incorporated into celebrations, it is carefully planned to form part of our balanced meal provision rather than replacing nutritious options, ensuring that special occasions support rather than undermine nutritional objectives. Cultural and religious celebrations are thoughtfully recognised and incorporated in ways that respect diverse traditions while maintaining a commitment to healthy eating practices.

## **HEALTH AND SAFETY**

### **Food Safety**

All aspects of food preparation, storage, and serving are conducted in strict accordance with current food safety regulations, with regular monitoring and documentation to ensure consistent compliance. Temperature monitoring of refrigeration and cooking equipment is conducted regularly and systematically, with

records maintained to demonstrate ongoing food safety management. All staff involved in food handling receive comprehensive training in food hygiene principles, with regular refresher training provided to ensure knowledge remains current with evolving best practices. Throughout all food-related activities, we maintain a clean and hygienic eating environment that supports both health and the enjoyment of mealtimes. All Early Years staff hold a Level 2 qualification in Food Hygiene.

The school notifies Ofsted (or the relevant regulatory authority) of any food poisoning affecting two or more children cared for on the premises. This notification is made as soon as reasonably practicable and within 14 days of the incident, as required by paragraph 3.50 of the EYFS Statutory Framework.

## **Choking Prevention**

Age-appropriate food textures and sizes are carefully provided for each child, taking into account not only chronological age, but also individual developmental readiness and familiarity with different food types.

When preparing food, small fruits including grapes, olives, raspberries, strawberries and cherry tomatoes are cut lengthways and then halved again (quarters).

Continuous, attentive supervision is maintained during all eating times, with staff positioned to observe all children clearly and respond immediately to any signs of difficulty. All staff receive thorough training in choking response procedures, including recognition of choking signs and appropriate emergency interventions, with regular practice sessions to maintain competency. Seating arrangements are deliberately planned to ensure clear visibility of all children and enabling rapid response to any emergency situation.

Any choking incident requiring intervention is recorded and reviewed periodically to identify any patterns or risks. These reviews inform staff training and mealtime supervision practices.

## **MONITORING AND EVALUATION**

### **Regular Review**

This policy undergoes comprehensive review annually or more frequently, as required by changes in regulatory guidance, best practice recommendations, or specific needs identified within the school community.

Our commitment to continuous improvement is demonstrated through our willingness to adapt practices based on emerging research, best practice developments, and the evolving needs of our school community.

## **Training and Development**

Regular, comprehensive staff training programmes cover all aspects of nutrition, food safety, and management of special dietary needs, ensuring all staff members have the knowledge and skills necessary to support children's nutritional wellbeing effectively. When guidance or regulations change, immediate updates are provided to all relevant staff members, with additional training sessions arranged as needed, to ensure smooth implementation of new requirements.

**This policy demonstrates our commitment to providing the highest standards of nutrition and food safety for all children in our care, while supporting overall development and wellbeing.**

**Nov 25      (PF)**