

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

Policy: Healthy Food Supply & Nutrition

Kangaroo Island Community Education – Parndana Preschool

Staff at Parndana Preschool aim to promote nutritional eating habits in a safe, supportive environment for all children. We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children:

- Short term: Maximises growth, development and activity whilst minimising illness
- Long term: Minimises the risk of diet related diseases later in life e.g. heart disease, strokes, some cancers and diabetes
- Advice from speech pathologists and dentists indicates that children should be eating crunchy foods.

Curriculum

Our preschool's food and nutrition curriculum:

- Is consistent with the Australian Dietary Guidelines for Children and Adolescents in Australia, the Australian Guide to Healthy Eating and the 'Right Bite Healthy Food and Drink Supply Strategy for South Australian schools and preschools.
- Includes experiences that provide children with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health.
- Includes opportunities for children to develop practical food skills like growing, caring for, preparing and cooking healthy food.
- Integrates nutrition across the curriculum where possible.
- Is part of the Early Years Learning Framework and NQS.

The Learning environment

Children at Parndana Preschool:

- Have fresh, clean water available at all times and are encouraged to drink water regularly through the day.
- Are encouraged to bring their own named drink bottle.
- Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours.

Our preschool:

- Understands and promotes the importance of healthy food for children.
- Teaches the importance of healthy meals and snacks as part of the curriculum.

Snack Time – Progressive Snack time

Parents and carers are encouraged to supply snacks from the following five food groups:

1. Vegetables
2. Fruits
3. Breads & cereals (preferably wholegrain with grainy bits you can see)
4. Dairy (choose reduced fat most times)
5. Meat, fish, poultry & alternatives (beans & legumes, eggs, and tofu)

To:

- Provide children with important minerals and vitamins
- Encourage a taste for healthy foods.
- Help children concentrate, play and enjoy their day.

Lunch Orders: Lunch is able to be ordered through the school's lunch order system. Lunch must be ordered only from the approved lunch order list.

Lunch order lists and order bags are available from Preschool staff.

Food safety

Our preschool:

- Promotes and teaches food safety to children during food learning / cooking experiences.
- Provides adequate hand washing facilities for everyone.
- Promotes and encourages correct hand washing procedures with children.

Food-related health support planning

Our preschool:

- Liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.
- Note: If your preschool has a child with a serious food allergy (eg. Nuts), this will be communicated to all parents and staff in an ongoing manner and we will make appropriate changes to the Preschool environment taking into account details within the individuals Medical Care Plan. E.g. not allowing food boxes to be used for craft if they contain traces of nuts.

Working with families, health services & industry

Our preschool:

- Invites health professionals to be involved in food and nutrition activities with the children.
- Provides information from health professionals to families and caregivers on the Healthy Eating Guidelines through a variety of media such as: Newsletters; Information on enrolment; Pamphlet/Poster displays.

Endorsed by

KICE Principal: On: 16th March 2022

Peter Philp

KICE Governing Council Chairperson

Scott Ellson

Date Reviewed: