

## Lunch Time Policy

We want meal times to be an enjoyable experience for all children at Fun Foundations Day Nursery. Children of all ages will be developing skills such as:

- personal and social - communicating with peers at table, portion control
- independence - making choices
- fine motor - using cutlery
- gross motor - scraping plates, selecting bowls, carrying plates, etc

### The Role of the Adult during Lunch

At Fun Foundations we want our children to relax during lunch and to learn that eating times are a sociable and enjoyable event.

To ensure that this happens the adult:

- Allows each individual child to eat their food at their own pace. Lunch periods are limited to a certain time period per sitting, however we can encourage the children by prompting and offering support
- Offer a fruit option in place of a main meal/ dessert. There may be some children that do not enjoy eating times and find the experience overwhelming, to encourage them to take pleasure in food we ask “Would you like lunch today or something from the fruit bowl?” If the child opts for fruit, they then have this instead of lunch/ dessert
- Reward good table manners and a development in eating habits with verbal praise and stickers
- If a child tries the main course they must receive a dessert. If they do not want the main course at all then they must be offered a fruit alternative
- Will play an active role in supporting the children with their eating and serving their food
- Ensure that toothbrushes are ready once the children have finished their food and that beds are made to enable the children that are sleeping to transition to the sleep room and the Rangers can efficiently sit down for their food
- We provide the opportunity for the children aged three years plus to serve their own food, which encourages independence, awareness of food portions and healthy eating choices.

Date of Review	Changes Made	Signatures	Date of Next Review
15/01/15	Highlighted in red	A. Ferguson	January 2016
06/05/2016	None	A. Ferguson	May 2017
05/04/2017	None	A. Ferguson	April 2018