

## Healthy Eating & Physical Activity

At Shofar we recognize the importance of a healthy diet and regular physical activity for children's development.

### **Healthy Eating:**

We understand how a poor diet can affect a child's development and are dedicated to promoting and enforcing a healthy diet within our nursery.

At Shofar we have a very experienced caterer who is dedicated to providing healthy, nutritious and well balanced meals. He will, alongside the senior staff, make sure that the menu has appealing meals for all children.

- All ingredients and food that are brought into the nursery must be kosher or suitable for vegetarians.
- Cooking activities will be planned with healthy eating in mind and recipes that promote this will be chosen wherever possible. Cakes and biscuits will be kept to a minimum.
- Fresh drinking water will be available at all times and children will be encouraged to help themselves whenever thirsty and encouraged to drink plenty during hot weather.
- As we are a nursery that provides all day care, we will provide breakfast, lunch and tea as well as regular snack times throughout the day. As stated above all these meals will be provided for by our chef.
- On special occasions such as parties and religious celebrations we may offer the children diluted fruit juice as an alternative drink.
- Parents and carers will be informed of the healthy eating policy from the beginning and consulted on their children's dietary and medical needs regularly.
- If a child has an allergy we must be made aware of this on their arrival to the nursery and the chef will be notified, so he can come up with alternative meal options. The nursery is a nut free zone.
- Practitioners should set an example by eating the same food as the children and sharing in this social time.
- All staff should have an awareness of safe food handling and hygiene and should promote good practice to children by example; e.g. wash their hands before handling food or eating meals and snack.
- Staff are aware of appropriate portion sizes for children and encourage children to stop eating when they are full
- When a child is celebrating a birthday the parents will be allowed to bring in small fairy cakes. Party bags will be discouraged. Cakes must be nut free and parents must supply us with a list of allergens for our files.
- Shofar has a supportive breastfeeding environment. Visiting mothers can use the secluded Sensory Room to breastfeed. For mothers who wish to send in breastmilk for their child, we have refrigerated storage space for expressed breast milk, which should be clearly labelled with name and date.



### Physical Activity:

In terms of physical activity, we follow the Chief Medical Office's recommendations for the amount and type of physical activity for under-fives:

#### Infants (less than 1 year):

- Infants should be physically active several times every day in a variety of ways, including interactive floor-based activity, e.g. crawling.
- For infants not yet mobile, this includes at least 30 minutes of tummy time spread throughout the day while awake (and other movements such as reaching and grasping, pushing and pulling themselves independently, or rolling over); more is better.

NB: Tummy time may be unfamiliar to babies at first, but can be increased gradually, starting from a minute or two at a time, as the baby becomes used to it.

Babies should not sleep on their tummies.

#### Toddlers (1-2 years):

- Toddlers should spend at least 180 minutes (3 hours) per day in a variety of physical activities at any intensity, including active and outdoor play, spread throughout the day; more is better.

#### Pre-schoolers (3-4 years):

- Pre-schoolers should spend at least 180 minutes (3 hours) per day in a variety of physical activities spread throughout the day, including active and outdoor play. More is better; the 180 minutes should include at least 60 minutes of MVPA.

At Shofar, we support physical activity, physical development (fine and gross motor skills) and reduce sedentary behaviour through a wide range of age-appropriate activities, based on our learning themes, and on children's interests.

At Shofar, we support active travel, and encourage parents and children to come to nursery by foot, or on bikes/ scooters, to promote sustainability and physical activity.

When we take the children on outings, we walk as much as possible.

Sharon Lee  
Head teacher of Shofar

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