

Rydalmere Public School Preschool Procedure

Nutrition, food and beverages and dietary requirements



Reviewed: 5-4-19

<u>Education and care services regulation/s</u>	NSW Department of Education policy, procedure or guidelines	Relevant National Quality Standard/s
<u>Regulation 168 (2)(a)</u>	<p>The following department policies and relevant documents can be accessed from the preschool section of the department's <u>website</u>;</p> <ul style="list-style-type: none"> • Nutrition in Schools Policy PD/2011/0420/V01 	2.1: Each child's health and physical activity is supported and promoted.
<p><i>Resources accessible through the preschool section of the department's <u>website</u>;</i></p> <ul style="list-style-type: none"> • Get up and grow: Healthy eating and physical activity for early childhood resources Australian Government Department of Health information that promotes the key messages of healthy eating and physical activity • NSW Health initiative Munch and Move – Healthy kids: eat well, get active • The early childhood resource hub provides practical information and best practice guidelines for promoting healthy eating and nutrition in education and care services 		
<ul style="list-style-type: none"> • A risk management plan will be developed for individual children with anaphylaxis to reduce exposure to known allergens • Individual children's special dietary needs are communicated to all educators and details along with a photo of each child are displayed in the preschool. Children with anaphylaxis or other conditions requiring immediate medical attention are also displayed in the preschool. • Rydalmere preschool promotes and follows the Munch and Move program. The learning program promotes healthy eating and good food habits through regular discussion at eating times, group times, music and movement sessions. • Families are provided with nutritional information and healthy food ideas for preschool at Orientation and regularly throughout the year. Healthy food ideas for lunches and snacks are displayed in the preschool. • Educators provide a positive healthy eating environment by modelling eating healthy foods and engaging with the children during meal times about healthy food choices. • Educators give feedback to parents by distributing munch and move information slips to praise and encourage good food and drink choices. • Drinking water is always accessible to the children as their drink bottles are accessible at all times during the day and children are encouraged to ask teachers for assistance if their bottles need refilling. • Minimal food handling and preparation is carried out at preschool. However, when food is prepared attention is given to safe and hygienic practices including handwashing procedures, use of gloves and appropriate utensils such as tongs for serving. • Cooking activities with the children include making playdough and other dishes relevant to the teaching and learning units of work. 		