

Healthy Eating Policy

At Tina's Tots, we have very strong beliefs about food, and encouraging children to have a healthy, balanced diet whilst at nursery. We have two amazing chefs here at Tina's Tots, who are very passionate about cooking and love interacting with the children. Whilst at nursery, the children are provided with two full meals, these are usually divided by carbohydrates, protein, and vegetables. These ensure the children get the correct amounts of nutrients in every meal.

Children are provided with a wide variety of foods for snacks and meals at Tina's Tots. Children are never forced to eat however they are always encouraged to give food a go. The main meal is of an appropriate size for an average child of their age. Desserts are not always of a refined sugar variety; they may be natural fresh or dried fruits or yogurts. In allergy cases alternatives are provided however aim to be as similar to the original option as possible. At Tina's Tots there is always more than one element to a meal for example sausage, mash and peas therefore we encourage all children to eat the majority of their meal. If a child is known to be a fussy eater, then we have a system in place where we encourage them to try every element of their meal. Tina's Tots will give children the option to select pudding if they have met the above requirements.

Below is a chart which represents the child's meal. We aim for this to have all the requirements of a balanced diet and incorporate all the components needed to allow a child to grow and develop. We aim for the meal to be of a nutritious value and require the amount of food given to fill the base of the whole plate. This will ensure that the child has a variety of options at each mealtime allowing them to aim for eating the majority.

