Healthy Eating

Why it matters

Healthy eating is important as it has a major role in preventing chronic conditions such as heart disease, high blood pressure, diabetes and obesity.

What to include:

- Dairy/calcium (dependent on allergens/intolerances)
- Fruit/Vegetables
- Sandwich/wrap/pasta etc
- Protein (meats/egg)
- A drink (water advised)

What to avoid:

- High in salt
- High in sugars
- High in fat
- Fizzy drinks
- If bringing a sweet treat, only bring 1

Why you can do to promote healthy eating

- Check labels for added salt, sugar and fats
- Offer your child choices that they are less likely to eat
- Focus on benefits of healthier foods
- Balanced diet and eat treats in moderation

Allergens/Intolerances

We are a nut free setting so please DO NOT send your child with anything that contains nuts. If you do, this will be removed from their lunch, and they will not be allowed to eat it.

We consider and respect all allergens and intolerances, and these will be accommodated where appropriate

Staff Training

Any members of staff who are preparing snacks/handling food all have relevant training in food hygiene.

Special Occasions

We do allow children to bring in treats for their friends when it is their birthday, but these will not be given until the children go home and then it is down to parents/carers to give these out when they want to.

Keeping Safe

Some foods have a high choking risk. If you send your child with foods such as grapes, cocktail sausages, tomatoes then please make sure these are chopped lengthways (recommend into 4).

Popcorn is also a high risk so please avoid sending this in your child's lunch too.

Children are supervised during lunch at all times and supported with any requirements that the children have.



Butterfly Pre-School

Health for Under 5s

Portion size guide for children under 5

NHS Leicestershire Partnership NHS Trust

Food	Hand Portion	Guide for 1-2 years	Guide for 3-4 years
Fruit and vegetables 5 a day	Cupped hand 	- ¼ apple - ½ clementine - ¼-½ small to medium banana - 4-5 raw veg sticks - 1 tbsp cooked veg	- ½ apple - 1 clementine - ½- 1 small to medium banana - 5-6 raw veg sticks - 2 tbsp cooked veg
Potatoes, bread, rice, pasta, and other starchy foods 3 main meals 1-2 snacks	Clenched fist 	- ½ slice of bread/medium chapatti - 1 small potato - 2-3 tbsp of rice/pasta - 3-4 tbsp of cereal	- 1 slice of bread/medium chapatti - 2 small potatoes - 3-4 tbsp of rice/pasta - 4-5 tbsp of cereal
Beans, pulses, fish, eggs, meat and other proteins 2-3 a day	Open palm 	- 1-2 tbsp beans, pulses, dahl - ½ -1 tbsp fish - ½ slice of meat (1 tbsp chopped) - ½ egg	- 2-3 tbsp beans, pulses, dahl - 1-1½ tbsp fish - 1 slice of meat (2 tbsp chopped) - 1 egg
Dairy and alternatives 3 a day	Two thumbs 	- 1 cup (100ml) - 1-2 sticks hard cheese (1 tbsp grated) - 1 tbsp of plain unsweetened yoghurt	- 1 cup (150ml) - 2 sticks hard cheese (2 tbsp grated) - 2 tbsp of plain unsweetened yoghurt

Food	Portion	Guide for 1-2 years	Guide for 3-4 years
Oils and spreads		Fats are a good source of energy and fat soluble vitamins and a low fat diet is not recommended for young children. Healthier fats such as olive, rapeseed and sunflower oils, and spreads made from these vegetable oils, can be used.	
Sometimes foods (pastry, cakes, biscuits, sweets, crisps, chocolate)	Occasional and in small amounts	- 1 sml piece of cake (to fit into a child's cupped hand) - ½ -1 plain biscuit - Crisps (to fit into a child's cupped hand. Approx 1/3 small packet) - Chocolate (to cover a child's palm. Approx. 1-2 squares)	- 1 sml piece of cake (to fit into a child's cupped hand) - ½ -1 plain biscuit - Crisps (to fit into a child's cupped hand. Approx 1/3 small packet) - Chocolate (to cover a child's palm. Approx.2-3 squares)
Healthy snacks		Keep portions small to avoid putting your child off their next meal. Try: - Starchy foods such as breadsticks, bread, pitta, chapatti, low salt crackers, crumpet and oatcakes - Fruits and vegetables at some snacks - Protein rich foods such as cheese, beans, cold meat, quartered eggs, hummus occasionally	
Drinks	6-8 cups a day	Aim to include only water and milks as these are kind to teeth. - Milk can be offered between meals and counted as part of the dairy foods but be aware that this can put some children, with small appetites, off their meals - Fruit juice is best avoided, even when diluted, as it contains a lot of sugar and is acidic, which can both damage teeth - Avoid all soft drinks (squash, fruit drinks and fizzy drinks), even low sugar varieties, as they can still damage teeth	