

BUSY BEES AND THE AFTER SCHOOL ACTIVITIES HEALTHY EATING AND DRINKING POLICY

OVERVIEW

As part of our commitment to the healthy growth and development of our children we will promote healthy eating in Busy Bees and the after school activities. We will educate children about the importance of a healthy diet. We will encourage healthy eating in Busy Bees and the after school activities by ensuring that the food and drink we provide is healthy and nutritious. We will work with parents, the LA and other agencies to extend healthy eating patterns into the wider lives of our children.

INTENT

1. To educate children about healthy eating and drinking.
2. To help children identify healthy foods and drinks and to encourage them to eat a balanced diet.
3. To alert children to the dangers of an unhealthy diet.
4. To provide children with healthy food and drinks in Busy Bees and the after school activities.
5. To encourage children to adopt healthy life-style and healthy eating and drinking habits.
6. To teach children about food allergies e.g. nuts and ensure that safe practices are encouraged

IMPLEMENTATION

1. To educate children about healthy eating and drinking.
2. To give children a good understanding of a healthy diet that will promote their growth and well-being.
3. To provide healthy eating and drinking options when snacks are provided.
4. To teach children about the importance of regular exercise and to warn them of the dangers of sugar, fats, smoking, drugs and overeating
5. To make strong links between healthy eating and regular exercise through physical exercise and play.
6. To build strong and supportive links with parents to carry the education about healthy eating and drinking into the homes and wider lives of the children.
7. To make good use of the external agencies for healthy eating to support our work.
8. To provide healthy food and drinks during Busy Bees and the after school activities

IMPACT

We will do our best to ensure the healthy growth and development of our children. We will do all that we can to inform children about the importance of healthy eating and drinking so that they will thrive and lead healthy active lives.

Revised and adopted by the Governing BodyDate.....Review Date.....

Update November 2020