

K: Health - Food and drink

What do I need to know?

- Legal framework - Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs
- [Statutory framework for the early years foundation stage](#): pages 33-34, paragraphs 3.48 – 3.50.
- Food hygiene requirements
- Local district council’s environmental health requirements
- Hand washing and infection control procedures.

Health - Food and drink (pages 34 & 35 of audit)	Things to consider and discuss:
<p>Do you ensure where children are provided with meals, snacks and drinks they are healthy, balanced and nutritious?</p>	<ul style="list-style-type: none"> • How do you ensure food and drink is healthy and nutritious (including pack-lunches)? • What guidance materials do you utilise for support? • Are you aware of appropriate portion sizes for different aged children? • How do you encourage healthy eating with parents and carers? How do you model and challenge this? • How do you allow children to have choices with their meals / snacks? • How do you help children to understand the importance of physical activity, of making healthy choices in relation to food and encourage them to talk about ways to keep healthy and safe? • How do give children the opportunity to try different foods from around the world? How can you use this as an opportunity to link this to British Values and diversity? • How do you cater for breastfed babies & young children? <p>Also..</p> <ul style="list-style-type: none"> • How do you make sure your premises are adequately equipped children of different ages to eat safely? For example: high-chairs; suitably sized tables and chairs etc. • How do children develop self-helps skills e.g. feeding self, serving food etc. during meals and snacks?

<p>Do you ensure you obtain information about any special dietary requirements, preferences and food allergies that the child has, and any special health requirements before a child is admitted to the setting?</p> <p>Do you ensure fresh drinking water always available and accessible to children at all times?</p> <p>Do you ensure you record and act on information from parents and carers about a child's dietary needs?</p>	<ul style="list-style-type: none"> • How do you ensure that all staff and volunteers are aware of all children who have allergies or specific dietary requirements? Is this information on display or hidden? (consider data protection) • How do you record and share information on the 14 allergens that your food and snacks may contain? • How do you take into account children's cultures when preparing food in the setting? • Are all staff aware of the actions to take in the event of an incident regarding food and drink? How do you know? Has the first aider had specific training, for example if a child has a severe allergic reaction and requires medication to be given? • Are all children accessing fresh drinking water throughout the day? How do you know? • How do you ensure water is accessible to all children, e.g. named water bottles, jug of water/cups with a place to put used items? • What information do you share with staff from parents and carers about a child's dietary needs? What do staff do differently because of this? How do you record and store this information? • How do you communicate with parents and carers what children have eaten throughout the day?
<p>Do you ensure there is an area which is adequately equipped to provide healthy meals, snacks and drinks for children as necessary?</p> <p>Do you ensure suitable facilities for the hygienic preparation of food for children, if necessary suitable sterilisation equipment for babies' food?</p>	<ul style="list-style-type: none"> • What equipment do you have? Is it adequate? Would additional equipment enable you to provide a greater range of healthy foods? • Are foods kept fresh and stored safely? • How do you make sure your premises are adequately equipped for the safe preparation of food? • Do you have clear policies & procedures to follow in the event of food poisoning affecting two or more children cared for on the premises? How do you know they are effectively implemented?

<p>Do you ensure that those responsible for preparing and handling food are competent to do so? In group provision, do you ensure all staff involved in preparing and handling food have received training in food hygiene?</p> <p>Are you aware of section 4 of Example menus for early years settings in England - gov.uk which includes guidance on menu planning, food safety, managing food allergies and reading food labels, which staff preparing food will find helpful in ensuring that children are kept safe?</p>	<ul style="list-style-type: none"> • Do staff who handle food attend regular food safety training? How often is this? • How do you know this meets the requirements of your local district council’s environmental health department? • How do you disseminate food safety information to your whole team? • How do you know food is always prepared hygienically? • Who has read and become familiar with this menu guidance document? Are there any ideas to implement? • How has it been used to impact on policies & procedures in the setting?
<p>Do you ensure you notify Ofsted or the childminder agency with which you are registered of any food poisoning affecting two or more children cared for on the premises? Do you ensure notification is made as soon as is reasonably practicable, but in any event within 14 days of the incident? Are you aware a registered provider, who, without reasonable excuse, fails to comply with this requirement commits an offence?</p>	<ul style="list-style-type: none"> • Do you have clear policies & procedures to follow in the event of food poisoning affecting two or more children cared for on the premises? What are these procedures? How do you know this is implemented? • Who would carry out your duty to notify Ofsted or the childminder agency with which you are registered <i>and</i> the local Health Protection Agency of any relevant food poisoning? • How will you ensure this is done as soon as is reasonably practicable, but in any event within 14 days of the incident? • Are you familiar with the current procedures on how to notify Ofsted or the childminder agency with which you are registered and the local Health Protection Agency?

Useful links and further help:

- [Report a serious childcare incident](#)
- [How to wash your hands](#)
- [PHE handwashing advice](#)
- [Nutrition in nursery schools - Derbyshire County Council](#)
- [First steps nutrition good food choices and portion sizes for 1 – 4 year olds](#)
- [NHS eat well guide](#)
- [The Eatwell Guide](#)
- [Change4Life](#)

[Childhood obesity: applying All Our Health](#)

[Healthy diet recommendations - British Nutrition Foundation](#)

[Eat Better, Start Better | From pregnancy to children aged 5](#)

[Healthy eating and safe food preparation | From pregnancy to children aged 5](#)

[Health Protection in schools and other childcare facilities](#)

[Food Standards Agency](#)

[Safer food, better business for caterers](#)

[Safer food better business for childminders](#)

[Allergen guidance for food businesses](#)

[Derbyshire community nursing](#)

[Derbyshire SchoolsNet - Early Years Quality Team](#)

[Derbyshire Early Years Service - Eventbrite](#)

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