

Snack time



Article 24

We have the right to clean water and good food.

Every child has the right to the best possible health. To good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy.

Children will:

- Know what equipment I need to eat my snack with
- Make a choice of what I would like to eat
- Wash my hands before I eat
- Understand what is healthy
- Know how much food I should put on my plate that I can eat
- Hold a cup and be able to drink from it

Adults, as duty, bearers will:

- Share Makaton images of snack daily with the children
- Promote and talk about what is healthy and what is not
- Model eating behaviour and portion size
- Use Makaton signs relating to different foods
- Have snacks that promote cultures of the nursery
- Choose a helper to have responsibility for jobs during these times
- Provide cutlery and cups that are age related for children to eat and drink from

Parents and carers, as duty bearers, can:

- Promote and talk about what is healthy and what is not
- Sit as a family at meal times
- Promote a varied diet
- Provide a healthy snacks
- Promote weaning and remove bottle at appropriate age