

Snack



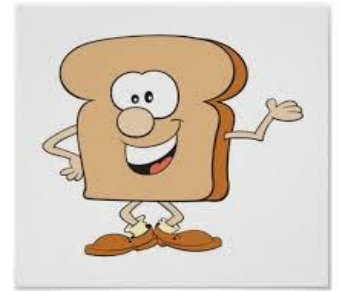
At Little Treasures Nursery we believe Health and Wellbeing is a key factor in children's learning and development, and part of this development is at snack time.

The nursery use a variety of resources and documents to support us in developing children's understanding of the importance of a healthy lifestyle, including the national document:

'Nutrition and Oral Health - Strategy into Practice in the Early Years'.

(A copy of this document is available for all our service users within the nurseries resource library).

Children are given the opportunity and are encouraged to try a diversity of foods which support a varied diet and healthy lifestyle. Snack times give the children the opportunity to socialise with their peers as well as discuss where the foods they are trying come from, what the tastes are like and the textures of the foods. Snack also supports children's development of hygiene as they continue to develop the importance of handwashing before handling food or having snack.



This week children will have the opportunity to try:

- *Wholemeal Toast*
- *Weetabix*
- *Pitta Breads*
- *Natural Youghurt*
- *Strawberries*
- *Bananas*
- *Tangerines*
- *Plums*
- *Fruit Smoothies*

Children have both water and milk readily available to them throughout the day.

