Health & wellbeing

Nutrition, food and cooking

Healthy choices, allergy awareness and supervised practical food activities.

Draft for centre review | Prepared 16 November 2026

Operational review required

This is a centre-specific draft. It must be reviewed, completed and approved before adoption. It does not confirm staff appointments, registration or arrangements that have not been supplied.

Before food is offered

Agree with families what food is provided, brought from home or prepared in an activity. Obtain current allergy, intolerance, dietary, cultural and emergency information through the enrolment process.

Check ingredients and cross-contact risks before every food activity or treat. An activity must be adapted or replaced where a child's needs cannot be safely met.

Food practice

Make suitable drinking water available and support children with eating in an age-appropriate way. Encourage variety without forcing a child to taste or finish food.

Follow appropriate food storage, preparation and cleaning arrangements. Supervise eating and assess choking risks. Food must not be withheld as punishment.

Cooking activities use suitable utensils, clear instructions and adult-controlled hot surfaces and sharp equipment. Children wash hands and learn why food hygiene matters.

Treats and incidents

Treats are occasional and agreed with families. Use inclusive non-food rewards where allergies or dietary needs make them preferable.

Record significant food incidents, follow the child's emergency plan and obtain medical help when needed. The manager will seek relevant public-health, food-safety and registration advice when an incident or possible outbreak requires it.

Centre review before adoption

Confirm food provision, allergy processes, kitchen arrangements, training and any food-business requirements.