



## **Lunch time and snack Procedures**

At St. Mark's Pre-school we aim to make our meal times an educational and enjoyable experience for all children who attend. All children and staff will wash their hands prior to lunch and snacks. The staff will support children and be a role model during our lunch times and snack. Staff will wear an apron to prepare snacks and follow our Food Hygiene Policy.

The member of staff covering Lunch and snack will set up the eating area, encouraging the children to be independent by opening their own lunch box and sandwiches etc.

The staff will remain seated with the children at the table using this time to discuss foods being eaten, the ethnic origin and other areas of interest the children wish to talk about, making lunch times educational and an enjoyable experience.

Once lunch is finished the staff will assist the children in placing unopened food back into the lunch box.

Staff will support children throughout lunch and snack and will promote good manners and eating skills.

The children will be encouraged to help prepare and make snacks, such as spreading bread/toast/crackers, cutting soft fruit and pouring their own drinks.

Children will be encouraged to help assist an adult with snack time, collecting names, handing cups out, asking children what they would like to drink, and collecting finished cups and bowls. This is done on a rota to ensure all children can be involved.

Signed: \_\_\_\_\_

Policy Date: \_\_\_\_\_

Review Date: \_\_\_\_\_