

WEST PARK ACADEMY

Healthy Eating Policy in Early Years



Date reviewed – January 2026

Infancy and childhood are of critical importance in the development of healthy bodies and habits. The Statutory Framework for the Early Years Foundation Stage (EYFS) says that where Early Years settings give children meals, snacks and drinks, these must be healthy balanced and nutritious. At West Park Academy we aim to support children to have the healthiest possible start in life. This includes encouraging them to adopt healthy eating patterns and for children to be more physically active.

We encourage this through:

Personal, Social and Emotional Development

- Discuss and explain the importance of taking responsibility for personal hygiene, e.g. washing hands before handling food.
- Sing songs about personal hygiene such as ‘When you wake up in the morning....’, ‘This is the way we wash our hands’.
- Healthy snacks of fruit, vegetables and whole wheat toast
- Staff are encouraged to take opportunities to have snack with the children to promote language and discussion around healthy eating.
- Staff having lunches with the children

Physical Development

- Indoor/outdoor experiences
- PE and dance sessions
- Wake and Shake/brain gym sessions
- Squiggle When you Wiggle/Dough Disco sessions

Communications, Language and Literacy

- Read stories and develop projects from books which include food e.g. ‘The Very Hungry Caterpillar’.
- Discuss personal food favourites/dislikes.
- Introduce songs/rhymes/poems about food e.g. ‘Five currant buns’.

Mathematical Development

- Use and introduce mathematical language in relevant contexts by using fruit and vegetables: shape, position, size and quantity.
- Weigh fruit and vegetables cook the fruit and mash it and re-weigh it.
- What changes have taken place?
- Count how many portions of fruit and vegetables children eat over a normal day.

Understanding of the World

- Discuss the identification of fruits and vegetables.
- Look at taste, texture and colour of foods.
- How does produce grow? Grow fruit and vegetables from seed.
- Smell and touch fruit and vegetables.
- Begin to understand about food and where it comes from.
- Introduce the idea of time: meal times/seasons.
- Introduce food from other cultures/countries.
- Pick fruit e.g. blackberry picking.
- Baking activities

Expressive Arts and Design

- Role play and imaginative drama, e.g. in the home corner shop.
- Sing songs about food.
- Fruit printing.
- Painting of fruit and vegetables.
- Making play dough shapes of fruit and vegetables.
- Craft with junk materials, e.g. fruit yoghurt pots, wrapping paper and card and vegetables boxes. Introduce colour and texture.
- Making puppets and putting on a puppet show.