

Bearnes Primary School

Link Academy Trust

Healthy Eating & Safe Eating in EYFS

Kind
Safe
Respectful
Ready to Learn

Helping Children Grow, Learn and Stay Safe

Community
Courage
Curiosity

Healthy Eating

A healthy, balanced diet gives children the energy they need to grow, learn and play.

Please include:



Fresh fruit and vegetables



Wholemeal bread, wraps or rolls



Cheese, yoghurt and dairy products



Eggs, fish, beans and other proteins



Healthy snacks like cucumber and carrot sticks



Water in a named bottle

Please avoid (or not every day):



Chocolate and sweets



Biscuits and cakes



Crisps and salty snacks



Fizzy drinks, squash and juice cartons



At school we promote:

- Water and milk
- Healthy snacks
- Balanced meals
- Positive eating habits

Safe Eating

Help prevent choking by preparing food safely.

	Cut foods like this:	Not like this:
Grapes	 Cut lengthways into quarters	 ✗ Whole grapes
Cherry tomatoes	 Cut into quarters	 ✗ Whole tomatoes
Strawberries	 Cut into small pieces	 ✗ Whole strawberries
Apples and pears	 Cut into thin slices or batons	 ✗ Large chunks
Carrots	 Cut into thin batons	 ✗ Round slices
Cucumber	 Cut into thin batons	 ✗ Thick chunks
Cheese	 Grate or cut into thin strips	 ✗ Large cubes
Stone fruits (peaches, plums, apricots)	 Always remove stones and pips	 ✗ Whole fruits with stones

Foods to avoid – risk of choking



Popcorn



Marshmallows



Chewing gum



Jelly cubes



Whole nuts



Hard sweets



Ice cubes



Sweets

Safe Mealtimes at School



- Children sit down while eating
- Encourage small bites and careful chewing
- Children should not walk or run with food
- Children are always supervised while eating
- Inform school of any allergies, intolerances or dietary requirements

Working Together for Healthy, Happy Learners

Be the best you can be

Small Healthy Choices Make a Big Difference