



## 03 Food safety and nutrition procedures

### 03.4 Food planning and nutrition

Food provides a healthy, balanced diet for growth and development. Foods containing any of 14 allergens identified by the FSA are identified. Dietary guidance to promote health and reduce risk of disease is followed. When planning menus, the setting manager ensures that:

- Parents/carers and staff can contribute ideas for cooking activities.
- Parents/carers must share information about their children's particular dietary needs with staff when they enrol their children and on an on-going basis with their key person.
- Key persons regularly share information about the children's levels of appetite and enjoyment of food with parents/carers.
- Staff refer to Help for early years providers : Food safety which includes:

[Example menus for early years settings in England: Guidance](#) and [Example menus for early years settings in England : Recipes](#)

- Eat Better, Start Better - Foundation Years.

#### **Packed lunches**

With children's packed lunches, staff promote healthy eating, ensuring that parents/carers are given advice and information about what is appropriate content for a child's lunch box.