

**CHILD CARE SETTINGS - DAY NURSERIES**

Page 3-6/1      Version 3i interactive © GMP Systems, Year 2004

**OUTCOMES TO BE ACHIEVED:**

*Children are provided with regular meals and drinks which are nutritious and are of adequate quality, quantity and variety. Menus offer adequate choice, and reflect dietary, cultural and religious requirements.*

*Elements addressed:*

- Menu Planning & Meals
- Special Needs
- Serving Meals to Children
- Special Requirements for Children under 2 Years of Age

#	Performance Indicator / Standard	SCORE	Evidence
1	Catering staff are trained to the appropriate level of Food Hygiene Certification. This is validated through their professional credentials which are included in Staff Training records.		
2	Children staying for a full day's sessional care are offered 3 meals in addition to drinks and snacks. At least one of these meals is served hot.		
3	There is a documented rota system for the planning of menus, and this is reflected in a Policy.		
4	Menus are planned one week in advance, and are displayed in the Nursery for the benefit of parents / guardians / carers.		
5	The involvement of parents / guardians / carers in planning menus is positively encouraged.		
6	Menus are designed to provide food and drinks that are well-balanced, nutritious, varied, appetising, and to promote healthy eating habits.		
7	Menus are designed to take account of a child's likes / dislikes, food allergies and any special clinical or dietary needs.		
8	Menus are designed to take account of special religious and cultural requirements, particularly foodstuffs forbidden by religion, according to the ethnic mix of the community.		
9	Catering staff receive special training in the culinary requirements of the various ethnic and religious groups.		
10	Menus are designed to offer vegetarian alternatives where these are required.		
11	Meals are prepared using seasonally fresh foods wherever possible.		
12	Children are encouraged to help wherever possible, e.g. by laying the table, giving out drinks etc, in order to promote and stimulate learning opportunities.		
13	There is adequate child-sized cutlery, crockery, napkins, tables and chairs for mealtimes.		
14	Meals are served to children in small groups by a staff member in order to promote good manners and eating habits. This is supported by a documented Policy.		
15	Food is served at the correct temperature; i.e. hot food is hot, cold food is cold.		
16	Children are encouraged to eat in a pleasant and relaxed atmosphere. They are not denied desserts if main meals are not finished.		
17	There is an adequate supply of fresh drinking water freely available to the children at the Nursery.		

