

Snack time (building on from the Healthy diet card, Be Healthy section)

Links to Encouraging Independence Skills in Two Year Old Children, Positive contribution section

Early Years Foundation Stage settings organise their snack times in ways that are appropriate to their circumstances. Some provide a 'self-service' or 'cafeteria' style snack bar where children can access their snack at a time when it suits them during the session. Others have snack together as a whole group, small group or key person group.

Snack times present practitioners and children with opportunities for interacting, developing and learning. They are an important part of a child's day, when a child can re-fill with nutritious and energy giving foods and have the chance to socialise with other children and adults.

Whatever style of Snack Time your setting adopts, the following 6 key indicators of good practice should be present:

- Adults interact with children
- Children's individual needs are met
- The snack area is inviting
- The waiting time is minimal
- Good standards of hygiene are met
- Encourage children's independence skills

PLEASE TURN OVER

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TASK:

Think about snack time at your setting. Fill the stars in to help you reflect on your practice. To improve the quality of snack time choose 3 points to work on.

An interacting
adult....

Children's
needs are met
by.....

An inviting
snack area
has.....

Encourage children's
independence skills

Minimal waiting
time is achieved
by.....

Good standards of
hygiene are
achieved by.....