

Healthy Living Snack Time



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.

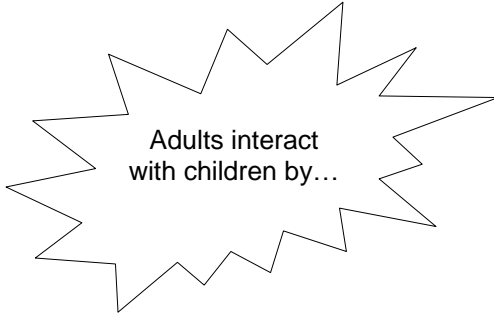
Snack times present practitioners and children with opportunities for interacting, developing and learning. They are an important part of a child's day, when a child can re-fill with nutritious and energy giving foods and have the chance to socialise with other children and adults.

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

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.




Adults interact
with children by...




Children's needs
are met by...




An inviting
snack area
has...



Children's
independence
skills are
encouraged by...



Minimal waiting
time is achieved
by...



Good
standards of
hygiene are
achieved by...