

Curriculum for Excellence
(2006)

Health and Wellbeing

HWB 0-30a: Together we can enjoy handling, tasting, talking and learning about different food, discovering ways in which eating and drinking may help us to grow and keep healthy.

HWB 0-32a: I know that people need different kinds of food to keep them healthy.



Introduction

Killermont Early Years Centre is a health-promoting nursery and we follow the Nutritional guidelines from Setting the Table (2025) as set out by NHS Scotland.

“We know that healthy eating and physical activity are essential for proper growth and development in childhood, and that healthy eating habits developed in the early years are often carried into adulthood. That is why we have ensured that every child attending a funded session receives a healthy and nutritious meal and snack as part of their ELC day, supporting both improvement in children's health by tackling health inequalities and our ambition to halve childhood obesity” (Setting the Table 2025)



Information from: Setting the Table
(Scottish Government 2025)

Curriculum for Excellence (Scottish Executive 2006)

UN Convention on the Rights of the Child (1989)

Lunch box recipe ideas—
[https://www.nhs.uk/change4life/recipes/
healthier-lunchboxes](https://www.nhs.uk/change4life/recipes/healthier-lunchboxes)

Killermont EYC

Killermont EYC
healthy eating leaflet



Due to Severe allergies, we do not allow Raw Egg or Nuts in the centre.



Snacks and Lunches

Healthy snacks will be provided both AM/PM throughout the day. They consist of fruit/vegetables, cereals, yoghurt, dip and savoury items. Lunches will also be served in line with the new Setting the Table nutritional guidelines. At times children will also enjoy participating in some cooking and baking within the centre to take home.



Children can also choose to bring a packed lunch. We feel it is important that all packed lunches are made up following these guidelines. Helping to make sure that all children have similar items to encourage equality and fairness. We as a staff team can reinforce this message through the snacks and lunches we provide.

'Children have the right to good quality health care – the best health care possible – to safe drinking water, nutritious food, a clean and safe environment, and information to help them stay healthy'. —Article 24 of the UNCRC (1989)

By encouraging healthy packed lunches and guidance, we aim to ensure all children have this opportunity.

What should be in a healthy Packed lunch?

1 of each item– maximum 3 per lunch Item

1: A portion of starchy foods —Sandwich/ pitta bread/ soup/ pasta or rice (Please bring hot food in a flask) * Brown/ wholegrain bread should be added to child's diet by age 5



Item 2: A piece of fruit, salad or vegetable (adds to 1 of your child's 5 a day)



Item 3: A portion of dairy foods—yoghurt, rice pudding, custard, cheese, dips (For example: hummus or mint dip)



We provide milk and water for the children to drink throughout the day as well as meal times. Alternative milk substitutes are also provided.

****WE ARE A NUT FREE NURSERY ****

Please ensure all packed lunch boxes contain an ice pack to keep packed lunch at a cool temperature until lunchtime.

What unhealthy things should not be in our packed lunches?

(Nutritional Guidelines)

Look out for food with a reduced salt content. To add more flavour, try to introduce herbs and spices to food.

Food with High Salt content:

- Crisps
- Tinned spaghetti hoops/ pasta
- Tomato ketchup

Highly processed foods

- Pre packed food. E.g. dunkers or lunchables, Food with high sugar content
- Coated or dried fruit such as raisins
- Fruit in syrup
- Cereal bars
- Cakes, biscuits, sweets, chocolate, soft drinks, sugary desserts
- Chocolate/Jam/Sweetened spreads

Grapes are a Choking Hazard

Please note, if you are providing grapes, these must be cut in half to enable us to serve them to your child.

Nutritional content in yoghurts vary. Choosing yoghurts and fromage frais with a low sugar content and eating them at meal times is less damaging for teeth. Tubes of yoghurts (should be avoided).