

Eating Policy



ACE recognises that raising awareness of the woodland environment increases children's interest in edible berries and fruits, which may be found outside. However, there is no way of guaranteeing that children will always eat safe berries and fruit, or that appropriate berries and fruit will be clean. There is also the possibility that by promoting the correct ingestion of berries and fruit in forest school sessions may lead to incorrect identification by children when out of the setting. With these considerations in mind, ACE adopts the following procedure on the eating of food during forest school sessions.

Procedure

Children will be taught, at an age/stage appropriate time, reasons why berries and fruit from the woodland may not be eaten during forest school sessions. They will be reassured that fruit from the woodland can be safe to eat but can equally be dangerous and that adult (i.e. parent/carer) supervision is **very** important in ensuring only the correct berries and fruit are eaten. Children will also be taught they should only eat food provided by an appropriate adult whilst at a forest school session.

- Snacks and packed lunches brought by the children may be consumed whilst on forest school sessions; staff will ensure no berries and fruit from the forest is consumed.
- Children will be provided with a snack during forest school sessions which will remain almost the same as in the setting, such as a choice of a starchy food and fruit and/or vegetables.
- The leader will take a box with the snack and a knife to prepare the snacks, only the adults will use the knife and children may use butter knives to prepare their own snack.
- Adults will ensure children's hands are as clean as possible before eating using hand soap and running water from the water butt. Those children more capable will be encouraged to complete this process without adult help.
- The leader will try to ensure children have a dry place to sit to when having their snack.
- During cold weather, we may consider preparing warm drinks made in storm kettles for the group, from commercially available products such as hot chocolate. This will be supervised by a member of staff and they will make sure the drink is at a suitable temperature to be safe for the children to drink.

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