

Snack Time

Learning

Learning across all areas of the Early Years Foundation Stage can take place at snack time. It offers opportunities for children to:

- Share and take turns.
- Have conversations and discussions, and extend their vocabulary.
- Use mathematical language.
- Develop an awareness of how food gets to the table.
- Develop fine and gross motor skills.

Location

- Drinking water should be available throughout session - both inside and outside, easily accessible by the children.
- Small tables eg less than 6.
- Consider a snack bar or picnic as a different format. Also a change of location eg outside (in a tent, under a tree).
- May need to be located near the kitchen or serving hatch.

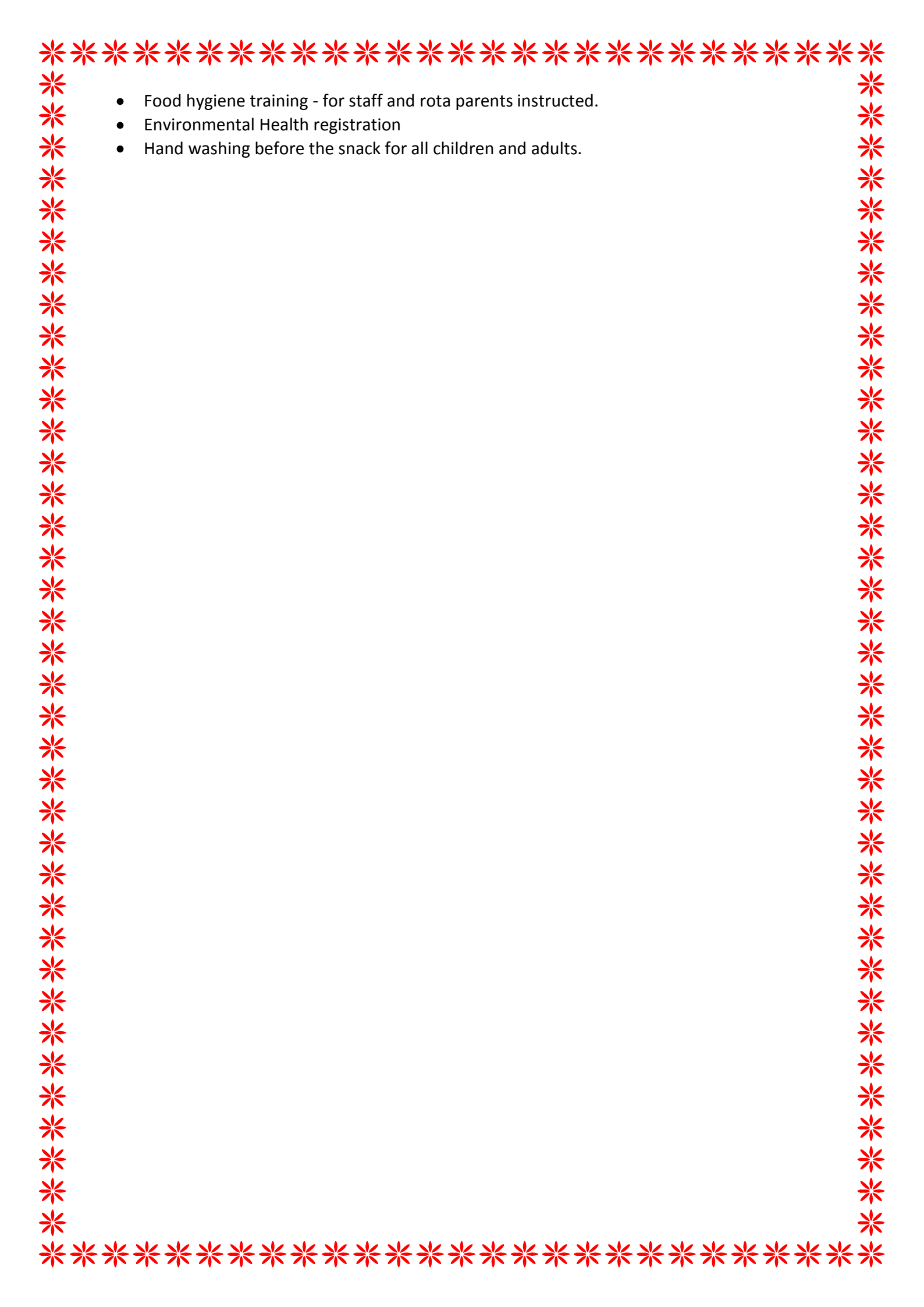


Presentation

- Cups, plates, small jugs with lids (eg IKEA) and mats with names, made by the children.
- Choice of healthy food eg fruit and veg - (variety), dips, carbs such as breadsticks, toast, pitta or crumpets. A cheese cube at the end of snack is good for teeth cleaning.
- Food presented on plates/bowls, which can be passed around.
- Tablecloths, flowers and napkins add another dimension to the experience.
- Cutlery could be offered for certain snacks eg spreading on toast.
- Drinks - milk or water. Not squash, ideally.

Adult role

- Timing to meet individual needs eg 10.00am-10.30am is ideal (some children may have had an early breakfast).
- Consider TRANSITION for early finishers so that children can move off to other activities.
- Adults - sit at table with children - encourage good manners and discussion.
- Adults - role model importance of having regular drinks - water/milk (hot drinks for adults in a suitable thermos cup but not at snack table).
- Parents could be asked to contribute to playgroup fruit bowl, to reduce costs to the setting.
- Children to set and clear table - involvement and learning opportunities.
- Avoid chemical overload by not spraying tables near the children. Spray the cloth instead or use hot soapy water.
- Separate cloths for food etc, frequently washed or replaced

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- A decorative border of red starburst shapes surrounds the page. The border is composed of small, repeating starburst patterns that form a continuous frame around the central text.
- Food hygiene training - for staff and rota parents instructed.
 - Environmental Health registration
 - Hand washing before the snack for all children and adults.