

Healthy Eating Theme Criteria



Criteria	Bronze	Silver
Food & Drink Provision		
All foods and drinks (including meals and snacks) meet the Healthy Eating Standards (broken down into food-based standards)	All 'essential' standards met	All 'essential' AND 'desirable' standards met
Cultural and religious preferences and medical needs (including allergies, e.g. to certain fruit) are catered for where appropriate	✓	✓
Menus are available for parents / carers and staff to see	✓	✓
Portion sizes for meals snacks are in line with current recommendations		✓
Weaning stages are catered for according to the age of the infant and parental preferences. If parents use the 'baby-led weaning' (BLW) approach, measures should be implemented to facilitate self-feeding (e.g. offering finger foods)	Basic requirements met	Approach detailed in healthy eating policy
Breastfeeding is encouraged, with a private area being available should the mother need to use this	Breastfeeding is supported	✓
Leadership & Managing Change		
Named member of staff (Healthy Eating Lead) oversees all aspects of healthy eating / nutrition in the setting, ensures healthy eating standards are met and are regularly reviewed. This includes monitoring food choices, and using this information to inform menu development and snack provision in the setting	✓	✓
The Healthy Eating Lead's role in relation to healthy eating is known by staff and parents/carers	✓	✓
Staff and parents/carers have been consulted on about the HEYA and the decision to work towards each award	✓	✓
Healthy Eating Policy		
The setting has a healthy eating policy in place <i>(Refer to the healthy eating policy template for the information that should be included in the policy at bronze and/or silver levels)</i>	Includes background information, food and drink provision, approach to role modelling, breastfeeding and rewards, date produced and review date as a minimum	In addition, includes birthdays, special occasions, weaning, packed lunches, food & drink brought into setting by parents / carers and curriculum links
Parents/carers and staff have been involved in the policy development and can describe their involvement where appropriate	✓	✓
Policy is regularly highlighted to parents/carers, e.g. at registration, when the policy is changed / updated	✓	✓
Positive Role Modelling		
Staff act as positive role models by eating with the children and encouraging them to try new foods	✓	✓

Drinking water encouraged and promoted throughout the day	✓	✓
Rewards		
Food is not used as a reward, e.g. for good behaviour. Rewards used are non-food based, e.g. praise, stickers	✓	✓
Birthdays		
Birthday cake is not provided by the setting at birthdays		✓
Settings model how birthdays can be celebrated without using food, by not using cake as the only celebration*		✓
Parents are discouraged from bringing in birthday cakes or other sweet foods for birthdays. If a cake is brought in, it should not be served within the setting. Instead, parents can have the option to take a piece home with their child		✓
Consider size of setting and frequency of birthdays when determining policy around cakes brought in from home. The use of cake to celebrate birthdays is monitored to ensure it is only used in moderation		✓
Celebrations & Special Occasions, e.g. Easter, Diwali, Christmas, Parties		
1 in 4 celebrations per year can involve a small amount of traditional party food. All other foods provided at special occasions must meet the Food Based Standards for the Award		✓
At least 1 special occasion a year models how special occasions can be celebrated without using food (e.g. decorating eggs instead of using chocolate Easter eggs) *		✓
If parents are asked / invited to bring in food to celebrate a special occasion, clear guidance is provided by the setting about appropriate healthy foods to send in, (e.g. foods which meet the Food Based Standards for the Award such as pizza, plain crackers, attractively presented fruits and vegetables) *		✓
Dining Environment		
Dining environment is welcoming, clean, promotes healthy eating and positive social interaction		✓
Children have adequate time to eat food		✓
Curriculum Links		
Curriculum planning that demonstrates opportunities to learn about issues such as food growing, healthy eating, importance of drinking water, healthy cooking, healthy teeth, washing hands, food tasting, food from different cultures		✓
Foods & Recipes Used in Cooking / Food-Related Activities (including foods used in curriculum links) **		
Recipes used promote the key healthy eating messages (e.g. lower sugar, reduced salt, reduced fat)	For Family Hubs	For all other Early Years settings
Foods used in all food-related activities that are eaten (or intended to be eaten) in the setting meet the Healthy Eating Standards. Examples include cooking activities that are then eaten at snack time or dessert	✓	✓
If cooking is done in the setting, a variety of dishes are cooked, including healthy breakfasts, main meals, snacks and desserts	For Family Hubs	For all other Early Years settings
1 in 4 (or less) cooking opportunities should involve sweet baking, and this should be sent home rather than eaten in the setting (unless the food meets standards for the additional dishes section of the Healthy Eating Standards: Main Meal Provision)	For Family Hubs	For all other Early Years settings

No crisps, sweets or chocolate are used (cocoa powder or chocolate chips may be used as an ingredient)	For Family Hubs	For all other Early Years settings
Avoid adding salt to meals, but a small amount may be used when baking bread	✓	
Communicating Healthy Eating Messages Home		
Opportunities for healthy eating messages to be communicated to the children's homes. (Some examples include a) displays, b) emails, newsletters, blogs, websites, c) events/workshops that invite parents/carers to observe and/or work with their children on healthy eating themes and which promote key messages, d) inviting parents in to try food, e) healthy cooking opportunities for parents & children		✓
All information and messages provided verbally during food-related activities (or courses) are in line with current Department of Health / Department of Education guidance. Any leaflets / resources used during the activity or sent home to parents are dated appropriately and have been checked by the Healthy Eating Lead		✓
Staff Training & CPD		
Setting's healthy eating approaches (including the Healthy Eating policy and positive role modelling) are covered in induction for all new staff	✓	✓
Staff are consulted to determine training needs		✓
Evidence to demonstrate that staff have undertaken training		✓
Staff Health & Wellbeing		
Staff are aware of the opportunities they have to maintain/improve their health and wellbeing		✓
Staff have been involved in informing and developing opportunities for them to maintain/improve their health and wellbeing		✓

* Factsheets are available which a) provide ideas on how birthdays and special occasions can be celebrated without using food, and b) provide guidance and ideas on healthy celebration foods

** For Family Hubs, all standards around 'Foods and recipes used in cooking / food-related activities (including foods used in curriculum links)' must be met at bronze level. This is because Family Hubs are places where parents/carers look to for correct, up-to-date nutrition advice