



Early Years Foundation Stage Food Hygiene & Nutrition Policy

1. Policy Statement

At The British School of Tenerife EYFS provision, we are committed to ensuring that all food provided, handled, and consumed on site is safe, hygienic, and nutritionally appropriate.

We recognise that high standards of food hygiene and nutrition are essential to safeguarding children's health, supporting wellbeing, and promoting positive lifelong attitudes towards food.

This policy ensures that food safety and nutritional practice are embedded consistently across EYFS provision.

2. Aims

We aim to:

- Ensure high standards of food hygiene are maintained at all times
- Promote healthy, balanced and nutritious food choices
- Safeguard children with allergies and dietary requirements
- Minimise risk of foodborne illness or contamination
- Ensure staff are trained and confident in food safety procedures
- Support children's wellbeing through positive food experiences

3. Food Hygiene Standards

The EYFS setting follows strict hygiene procedures in line with health and safety expectations.

Staff ensure:

- Handwashing procedures are followed before and after handling food
- Food preparation areas are cleaned and sanitised before and after use
- Food is stored appropriately and within expiry dates
- Surfaces and equipment are maintained in a hygienic condition
- Waste is disposed of safely and promptly
- Food is never left unattended where contamination risk exists

Children are supervised at all times during food-related activities.

4. Food Safety and Risk Management

The school maintains robust systems to reduce food-related risk.

This includes:

- Daily awareness of allergens within EYFS provision
- Strict avoidance of nut-based products
- Safe handling and supervision of all food and drink
- Monitoring of packed lunches where necessary for safety compliance
- Immediate response to any suspected allergic reaction or contamination risk

Risk assessments are used where appropriate for cooking activities, celebrations and food-based learning experiences.

5. Nutrition and Healthy Eating

The EYFS promotes healthy eating as part of children's personal development and wellbeing.

We aim to:

- Provide balanced, nutritious food options across EYFS provision
- Encourage positive attitudes towards fruit, vegetables and healthy foods
- Limit exposure to high sugar, salt and heavily processed foods
- Promote water as the main drink option throughout the day
- Support children to understand the importance of healthy lifestyles

Children are encouraged to develop positive attitudes towards food and are supported, in a calm and pressure-free way, to try a variety of new foods as part of their learning about healthy eating and cultural diversity.

Occasional cultural or celebratory foods may be introduced as part of learning experiences.

6. Allergy Management and Special Dietary Needs

The school maintains a robust and vigilant approach to managing allergies and dietary requirements.

We ensure:

- All allergy information is securely recorded and shared with EYFS staff
- Individual care plans are followed precisely
- Children do not share food at any time
- Staff remain vigilant to risk of cross-contamination
- Emergency procedures are understood and followed where required

Food safety is a safeguarding priority.

7. Staff Training and Responsibilities

All EYFS staff are responsible for:

- Maintaining high standards of hygiene and food safety
- Understanding and applying allergy procedures
- Supervising children during all food-related activities
- Modelling positive attitudes towards healthy eating

- Reporting any concerns immediately

Where appropriate, staff receive training in:

- Food hygiene awareness
- Allergy and anaphylaxis management
- First aid related to food incidents

8. Food Preparation Activities (Cooking & Learning)

Where food preparation activities take place:

- Activities are risk assessed in advance
- Only age-appropriate tasks are undertaken
- Hygiene procedures are strictly followed
- Allergy considerations are applied at all times
- Children are supervised continuously

Food-based learning is used to support curriculum development and life skills.

9. Monitoring and Review

The implementation of this policy is monitored by EYFS leadership and safeguarding oversight.

This policy will be reviewed:

- Every two years, or sooner in response to changes in legislation, guidance or operational needs

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Agreed Date:	October 2025		
Board of Governors			
	Print Name:	Signed:	Date:
Academic Director:			
	Print Name:	Signed:	Date:
Review Date:	October 2027		