



Food Play Policy

Food play can be viewed as a waste of food and can cause confusion for children with regards to when it is being used for play purposes or whether it is the food we eat during mealtimes. We do however also see the importance of children learning through direct experiences. For this reason, some sensory activities might include ingredients such as cornflour, and dried pasta, lentils and rice may be used in the role play area. In all such cases, food will be mixed with other ingredients, coloured or left dry so as not to appear the same as when a child should be eating it at mealtimes.

At Little Dragon's Day Nursery, we ensure any food we use for play with the children is carefully supervised.

We will also use the following procedures to ensure children are kept safe:

- Choking hazards are checked and avoided
- We will not use whole jelly cubes for play. If we do use jelly to enhance our play, then all jelly will be prepared with water as per the instructions and then used
- Small objects such as dried pasta and pulses will not be used for younger children
- All allergies and intolerances will be checked and activities will be adapted to suit all children's needs so no child is excluded.
- All activities including food will have a Risk Assessment, showing all allergens so all staff and parents are aware of the ingredients.
- Children's allergies will be visible to staff when placing out food play activities to ensure all needs are met.
- Any cooking activities will be checked prior to start to ensure all children are able use all the ingredients based on their individual needs.
- We will not use food in play unless it enhances the opportunities children are receiving from the activity. Much of the food will be reused in other activities, especially the dry materials.

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>August 2025</i>	Kate McLeod	<i>August 2026</i>