



Lois Anderson
Registration Inspector

Aims

- Explain what we do when we inspect
- Introduce Food Matters
- Highlight key messages and what this means in practice
- Inform further discussions around food provision

What we know

- ❖ Health inequalities: linking poor diet to poor health and poorer outcomes
- ❖ Poor nutrition can reduce children's ability to lead an enjoyable and active life.
- ❖ ELC settings have an excellent opportunity to influence children's experiences with food

What happens when we inspect?



- The Care Inspectorate does unannounced inspections: we use the new Health and Social Care Standards
- We will observe the children having meals and snacks to see how they are being supported at these times, individual needs
- We may ask about food provision, menu planning, consultation, involvement, opportunities for learning
- We will expect Setting the Table to be used & the nursery staff to have an understanding of it

Health and Social Care Standards

My support, my life



1: I experience high quality care and support that is right for me

Wellbeing (eating and drinking):

- 1.33 I can choose suitably presented and healthy meals and snacks, including fresh fruit and vegetable, and participate in menu planning.
- 1.34 If I need help with eating and drinking this is carried out in a dignified way and my personal preferences are respected.
- 1.35 I can enjoy unhurried snack and meal times in as relaxed an atmosphere as possible.
- 1.36 If I wish, I can share snacks and meals alongside other people using and working in the service if appropriate.
- 1.37 My meals and snacks met my cultural and dietary needs, beliefs and preferences.
- 1.38 If appropriate, I can choose to make my own meals, snacks and drinks, with support if I need it, and can choose to grow, cook and eat my own food where possible.
- 1.39 I can drink fresh water at all times



**Health and
Social Care
Standards**
My support, my life.

Food Matters



- is about supporting children to enjoy positive eating experiences
- celebrates and shares good practice from ELC settings
- supports improvement
- brings the new Health and Social Care Standards to life

Key Messages

- 🍷 Developing positive relationships with food
- 🍷 Developing healthy choices
- 🍷 Learning to keep safe
- 🍷 The journey of food





Glen Family Centre



Cornton Nursery



FUN WITH FOOD

Thank you

lois.anderson@careinspectorate.gov.scot

Care Inspectorate: www.careinspectorate.com

Hub: www.hub.careinspectorate.com

