

Lilliput Lane Healthy Eating Policy

Our menu helps to promote growth, increase energy and boost brainpower in healthy, happy children from 4 months to 5 years. Inspired by the best selling author Annabel Karmel, the meal plan incorporates SuperFoods for babies and children approved by nutritionist and dieticians at Great Ormond Street Children's Hospital.

Eating by colour

SuperFoods are foods that have roles other than supplying the basic components of our diet – carbohydrate, protein and fat. These roles may vary boosting energy and brain power to prevention of illness and even repair of damage. Researchers estimate that diets filled with fruits and vegetables instead of fats, along with exercise, could reduce cancer incidence by 30 to 40 per cent. Fruit and vegetables rich in colour such as tomatoes, spinach, oranges and blueberries can help reduce our risk of heart disease and cancer. In general the more colourful the food, the more nutritious it is!

Our menu will change throughout the year to provide variety for the children as well as helping to extend their learning opportunities. We aim to provide fresh produce that the children will enjoy and benefit from including healthy breakfast, lunch and snacks.

