

The educational lunch

Il pranzo educativo

The lunch time is one of the most significant aspects of life in the nursery, not only from a nutritional point of view, but also from that of relational and emotional as convivial experience, exchange and dialogue between children, and among children and adults. For a child, food is also an important game opportunity and stimulus for his curiosity and, in an atmosphere of wellbeing and pleasure, it becomes a great learning opportunity for both the very small children that handle, mess and taste, and for the bigger ones who, almost with scientific attitude, observe, evaluate, ponder the consistency of food, water, and the use of different dishes. Precisely taking into the consideration of the strong cognitive, affective and emotional values, lunch at the nursery is taken care of by the working group in every detail, from the arrangement of tables for small groups, to the allocation of a regular place for each child, the choice of dishes and cutlery, suitable to age and functions, the provision of small jugs and trays in order for the children to start to serve themselves.

The possibility to choose the different dishes and the desired amount of food allows the children to develop an awareness of their tastes and needs, with a view to a greater autonomy and self-regulation.

Special care is also given to the atmosphere, characterized by tranquillity, through the use of a moderate voice tone and respectful gestures. For an educational lunch suitable for children, it is necessary, therefore, the collaboration of all the professionals who work inside the nursery.

In particular, the operator in the kitchen who cooks for children and adults, has a role as a "food educator" in the nursery, and is particularly valued thanks to his sectional involvement during lunch. Even the person who distributes participates actively alongside with the educators of their own sections.

The menu at the nursery

Il menu al nido

The menu of the nursery is formulated according to the LARN guidelines (recommended intake levels of energy and nutrition for the Italian population). The menu is differentiated in 4 weeks of winter and 4 weeks of summer. It is inspired by the Mediterranean model in which cereals, legumes, vegetables and fruits in season are privileged and is integrated with protein foods such as meat, fish, eggs and cheese. The menu also includes ethnic dishes from different countries of the world, selected among the most suitable for children, which are offered weekly within the traditional menu, enriched with new ingredients. With the aim of ensuring proper nutrition we have introduced some foods from organic farming and / or of short chain.

To accommodate the different needs required by cultural and / or religious reasons, which exclude food of animal origin, two alternative menus are provided; the first with the exception of beef and pork, the second with lacto-ovo-vegetarian, to the exclusion of all types of meat and fish. To take advantage of the two special menus you must make a request by using the appropriate forms available from the nursery.

Lunch is prepared daily by the cook of the nursery.