

Promoting Healthy Eating in Early Years Settings

Duration: 6-hour workshop.

Ideal for: Staff and volunteers responsible for, or involved in, the planning and preparation of food and drinks for children attending their setting.

Aim: To promote healthy eating and nutritional best practice in early years settings. As institutions that play an important and central role in the education and development of children under five, all settings are also responsible for the meals, snacks and drinks provided to young children whilst in their care. A healthy, balanced diet is now widely recognised as being critical to giving children the best possible start in life. This is the time when food preferences start to be established and when children begin to become more active. This 1-day course/workshop has been specially designed in partnership with the British Nutrition Foundation to be relevant, fun and practical to the needs of early years workers. It is the first training of its kind in the country and aims to bridge the gap in good nutritional guidance, resources and support that currently exists.

You will cover:

- Healthy eating principles for children under five
- The food groups that make a healthy balanced diet
- The application of healthy eating principles to the planning and preparation of meals, snacks and drinks
- How to make a healthy lunch, based on current healthy eating guidelines
- How to plan a menu for day or week, taking into account the needs of different children
- The challenges and practicalities of providing healthy balanced meals and promoting healthy eating in early years settings
- The development of strategies to put in place in your setting to promote and serve healthy food and drinks

RR Recommended reading:

- *Feeding Young Imaginations - Nutritional Guidance for the under fives* (Pre-school Learning Alliance)