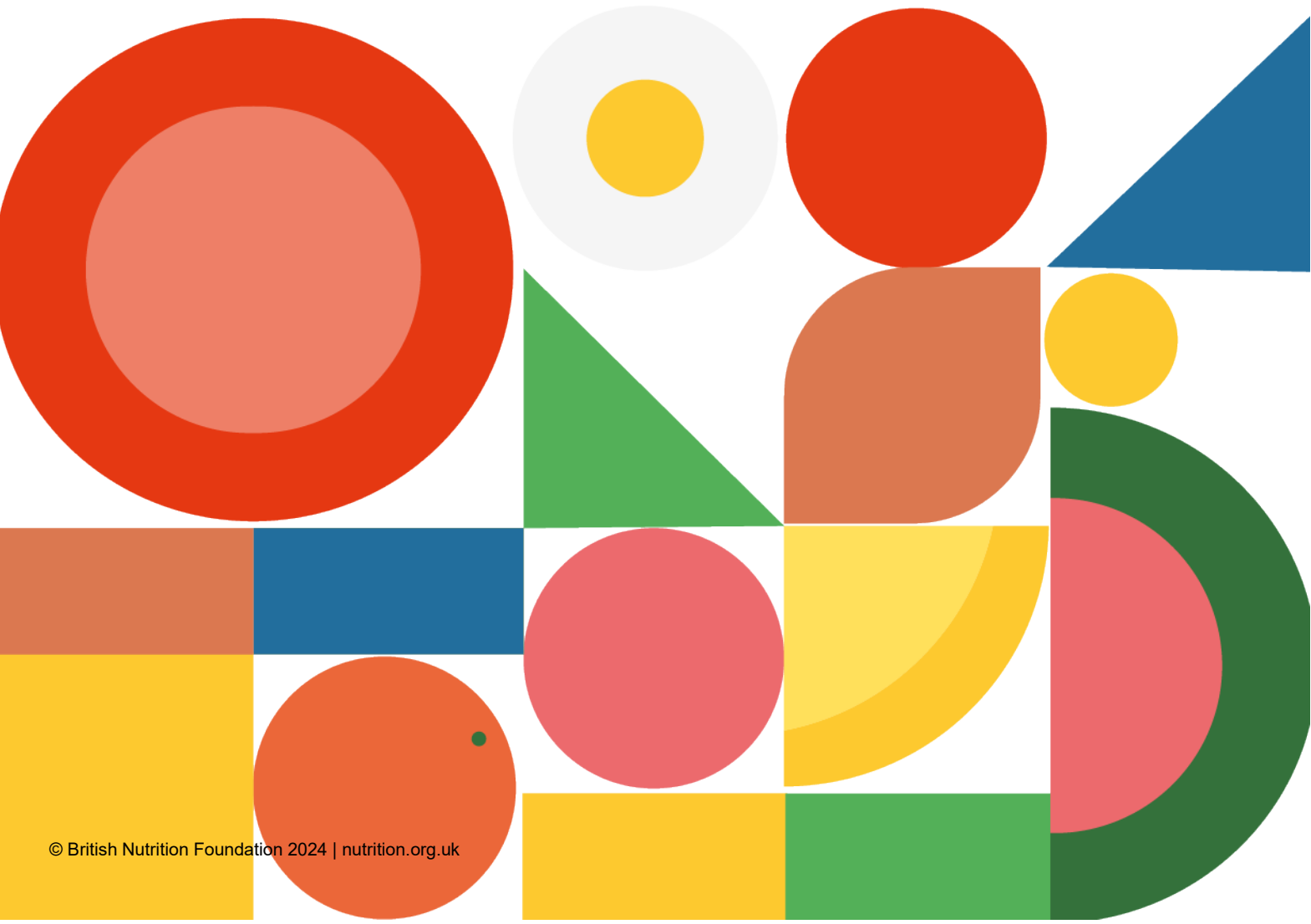


British Nutrition Foundation's Healthy Eating Week 2024

Give it a go!

Early Years Guide



Welcome to the British Nutrition Foundation's Healthy Eating Week 2024

This year's 12th Healthy Eating Week will take place from 10-14 June 2024. This guide will provide you with the information and resources you will need to take part in the Week.

We are encouraging everyone to '**Give it a go**' this Healthy Eating Week! Whether that means having one extra portion of fruit or vegetables a day, being a bit more active, experimenting with a new recipe or using up leftovers - Healthy Eating Week 2024 is all about giving it a go!

- **Get at least 5 A DAY**
Fresh, frozen, dried and canned all count.
- **Stay hydrated**
Have about 6-8 drinks a day. Tap water is a great choice.
- **Move more**
Find more ways to be active every day.
- **Focus on fibre**
Have more wholegrain foods, fruit and vegetables, beans and lentils.
- **Reduce food waste**
Aim for the right amount when you shop, cook and eat.

Read on for background information about the Week's five themes, and activities and resources for use in early years settings.

Get started!

Use these ideas to get your whole early years setting involved in Healthy Eating Week.

- Display the [Healthy Eating Week posters](#) in a communal area.
- Complete and display the [What's happening this week? poster](#) to let everyone know what your setting will be doing during Healthy Eating Week. You could make this available on your website, or social media channels.
- Let your catering staff know about Healthy Eating Week. Perhaps they can plan meals and snacks for the Week to complement the themes?
- Award children (and staff!) with the [Healthy Eating Week certificate](#) for getting involved in the Week.
- Ask a colleague to organise some Healthy Eating Week activities for school staff using the [Workplace resources](#).
- Share the link to the [Healthy Eating Week recipes](#) with colleagues and parents/carers.

Share what you are doing during Healthy Eating Week [@NutritionOrgUK](#) [#HEW24](#) or email us at postbox@nutrition.org.uk.

You can find all the early years resources, here:
<https://www.nutrition.org.uk/healthy-eating-week/early-years/>



Get at least 5 A DAY

Fresh, frozen, dried and canned all count

Fruit and vegetables are an important part of the diet because they contain vitamins and minerals as well as fibre. We should all aim to have at least five portions of a variety of fruit and vegetables every day. As a general rule, one portion for children is roughly what fits into their palm.

To help with eating a variety of fruit and vegetables, it might be useful to think about 'eating a rainbow' of colours (e.g. fruit and vegetables that are red, purple/blue, orange/yellow, green.)

Encouraging young children to eat lots of fruits and vegetables will not only help them get the nutrients they need but will also train their palate to like these foods, which will mean that they will be more likely to eat lots of fruits and vegetables throughout childhood and into adulthood.

- Use the [5 A DAY notes and resources](#) to teach children that we need to have at least five portions of a variety of fruit and vegetables each day to help us stay healthy.
- Help children become more familiar with the wide variety of fruit and vegetables available by using the [Find the fruit and vegetable sheet](#) and [questions](#). Make a colour copy of sheet showing the fruit and vegetables and use the questions provided to support discussion about the different fruit and vegetables that can be seen. You could display this resource for the children to use independently and they can make up their own questions to ask each other.
- Print a large copy of the [Fruit and vegetable tracker](#) to display in your setting. Allow the children (and adults!) to add a coloured dot to the salad bowl every time they have a portion of fruit or vegetables. You can use the tracker for a day or a week. Alternatively, you could give each child their own tracker to complete.
- Use the [Vegetable activity pack](#) to help children explore different types of vegetables.
- Use some of the [Food journey cards](#) (e.g. tomatoes, strawberries) to talk about the journey of different fruit and vegetables from growing to eating.

Recipes

Try these simple recipes to support learning about fruit and vegetables.

- [Fruit kebabs](#)
- [Perfect plant salad](#)
- [Awesome overnight oats](#)



Stay hydrated

Have about 6-8 drinks a day. Tap water is a great choice.

Water plays many different roles in the body including helping to control body temperature and removing waste products in the urine.

Our bodies lose water throughout the day in urine and sweat as well as small amounts through breathing. If we do not drink enough fluids we can become dehydrated, which can cause symptoms like headaches and poor concentration. Young children are most at risk of dehydration.

We are all recommended to have about 6-8 drinks (glasses or cups of fluid) a day and more if the weather is hot or we are being physically active. There aren't specific recommendations in the UK for how much fluid children should get in a day, but based on guidance from the EU, younger children need relatively smaller drinks (about 120–150ml per drink).

Water and milk are the best drinks for children as they do not contain free sugars. For children between one and two, whole milk is recommended. From two onwards, semi-skimmed milk can be introduced gradually. Fresh tap water should be available and accessible to children throughout the day. Children should be encouraged to drink water as their main drink. Water and plain milk should be the only drinks offered at and between mealtimes. Take a look at the [Healthy hydration for children aged 1-4 poster](#) for more guidance.

- Use the [Hydration station set up guide](#) and [Hydration station sign](#) to set up a hydration station in your setting. Show the children how they can create their own water infusion and encourage them to help themselves throughout the day.
- Play the [Drink pairs](#) game with small groups of children. You could also use the cards for other activities. For example, asking children to sort the cards according to whether they are water, milk or made with fruit, or sorting them by the container they are in.
- Print a large copy of the [Water tracker](#) to display in your setting. Allow the children (and adults!) to add a blue dot to the water jug every time they have a drink of tap water. You can use the tracker for a day or the whole week. (Alternatively, you could give each child their own tracker to complete.)



Move more

Find more ways to be more active every day.

Children in early years settings (under 5s) should*:

- be active for **at least** 3 hours per day
- do a variety of activities, including active and outdoor play
- not be inactive for long periods, except when sleeping

A young person who is physically active and plays sport on a regular basis will have better...



Physical health

- Cardiovascular fitness
- Healthy weight
- Strength
- Co-ordination
- Energy levels



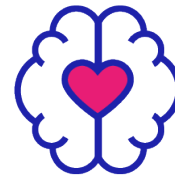
Mental health

- Happiness
- Resilience
- Equipped to tackle anxiety and stress
- Improved mood through release of 'feel good' endorphins



Social wellbeing

- Less lonely
- More trusting
- Improved communication and teamwork skills



Brain function

Evidence shows **being physically active** impacts on progress and achievement.

It **improves the brain** by stimulating growth of the part responsible for **learning** and **memory**.

Young people's **ability to concentrate** also improves after physical activity.

Youth Sport Trust

Moving more

As well as being physically active, it is also important that children and young people reduce the amount of time spent being inactive, e.g. watching TV, playing computer games, travelling by car (when active travel is an option).

This is because, overtime, inactive behaviour can lead to weight gain and obesity, which can increase the risk of developing chronic diseases in adulthood such as heart disease, stroke, and type 2 diabetes.

Here are some examples of how children can move more*:

- playing with blocks
- messy play
- jumping
- walking
- dancing

- swimming
- playground activities
- climbing
- skipping
- throwing and catching
- scooting
- biking

Make it manageable:

- The daily activity recommendation doesn't have to be achieved in one go. It can be spread across the day in manageable chunks, for example, 10 minutes at a time.
- The easiest way to move more is to make activity part of everyday life. Encourage children and young people to look for everyday opportunities to move a bit more.

[*NHS - Physical activity guidelines for children \(under 5 years\)](#)

Awesome activity

Use the [Awesome activity](#) pack in your early years setting to explore different types of activities and play some games!



NATIONAL SCHOOL SPORTS WEEK 2024

Take a look the Youth Sport Trust Healthy Movers resources

[Healthy Movers](#) improves children's physical development, supports their social and emotional wellbeing and creates healthy, happy children that make a good level of development.

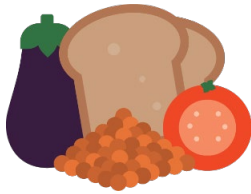
National School Sports Week

The Youth Sport Trust National School Sports Week is running from Monday 17 to Sunday 23 June 2024. Register your school to receive free equipment, resources, lesson plans, classroom activities co-designed by young people for young people. A great way to follow on from Healthy Eating Week! [REGISTER NOW!](#)

Case study video clips

Get inspired by watching these short video case studies:

- The Michael Syddall C of E Primary School, winner of the Youth Sport Trust Outstanding Primary Practice Award 2023, show us how to weave at least 30 active minutes into your school day: [Watch here](#)
- Abbey and Fountaindale School, winner of the Youth Sport Trust Outstanding Inclusive Practice Award 2023, shows us how they support every child achieving their absolute best: [Watch here](#)



Focus on fibre

Have more wholegrain foods, fruit and vegetables, beans, peas and lentils.

Foods that provide fibre include wholegrain varieties* of starchy foods (such as wholegrain bread, breakfast cereals, brown rice, and wholewheat pasta) and potatoes with their skin on, fruit and vegetables and pulses (such as red kidney beans or lentils). Fibre is important for keeping the digestive system healthy. Most of us need to increase our fibre intake. (You can visit our [Fibre webpage](#) for more information about fibre.)

- Using the [Create a super salad](#) sheet for ideas, prepare a selection of salad ingredients (including wholegrain starchy foods, fruit, vegetables and pluses). Invite the children to choose ingredients to create their own salad. Remember to check for allergies, intolerances, and dietary requirements before running this activity.

The resources below for early years have a particular focus on starchy foods (other themes in the Week cover fruit and vegetables and pulses).

- Set up a tasting activity to allow children to sample some different types of wholegrain breakfast cereals (aim for unsweetened varieties). Remember to check for allergies, intolerances or special dietary requirements before you do any tasting with children. Use the [Tasting guide](#) to help you set up the session. You could display the [Sensory vocabulary cards](#) to help children describe what they taste. The children could record their tasting experience on a print out of slide six from the [My food book](#) or the [Tasting ingredients sheet](#).
- Use the [Pleasing pasta session](#) to explore different types of pasta and pasta dishes. If you are working with children over the age of 2 years*, talk about how different types of pasta could be swapped to wholewheat varieties to add more fibre. Fibre helps our digestive system to stay healthy.
- Use the [Brilliant bread session](#) to help children learn more about bread and that we should have a starchy food like bread with every meal. As above, if you are working with children over the age of 2 years*, talk about how different types of bread could be swapped to wholemeal varieties to add more fibre.

Recipes

Try some of these simple recipes to support learning about different starchy foods.

- [Brilliant bread](#) - Wholemeal bread flour or a mix of white and wholemeal bread flour could be used in this recipe to add more fibre.
- [Soda bread](#) - This recipe is made partly with wholemeal flour, this is an opportunity to talk to children about how wholemeal flour increases the amount of fibre in the bread.
- [Pleasing pasta](#) - This recipe could be adapted to use wholewheat pasta.
- [Potato salad](#) - This recipe uses new potatoes with skins on, which adds more fibre to the dish compared with potatoes without skins.

*Wholegrain starchy foods should be introduced gradually from 2 years of age because children under 2 can fill up more easily on these bulky foods and may stop eating before they've eaten enough energy for their needs.



Reduce food waste

Aim for the right amount when you shop, cook, and eat.

In the UK, households are responsible for 60% of UK food waste. According to Waste and Resources Action Programme (WRAP)*, the most commonly wasted foods are fresh potatoes, meals (home-made and pre-prepared), bread, and milk.

So much goes into producing our food - water, energy, land, and transport. Reducing the amount of food we waste is therefore important to make our diets more sustainable, not only to help save money but also to save wasting the planet's resources. To help children get the right amount of food and reduce food waste, take a look at the [5532 a-day resource](#).

The activities below are design to get children thinking about how to reduce food waste.

- Print the [Food waste or food wasted?](#) sheet. Cut out the images on the first sheet and display sheets showing the plate and food waste bin. Show the images one at a time and talk to the children about what they are and whether they could have been eaten, or if they should be in the food waste bin. Attach the images to the appropriate sheet. Explain to children that lots of food is wasted and talk about ways we can reduce food waste.
- To help children be more aware of food waste, print and display the [Food saver tracker](#). Allow the children (and adults!) to add a green dot to the bowl every time they save food from being wasted. There is space to make a note of food that has been saved.

Recipes

Try these simple recipes that can be adapted to use up ingredients and save food from being wasted.

- [Picturesque pizza](#) – This simple recipe provides lots of opportunities to use up ingredients such as vegetables, cheese and herbs.
- [Fruit salad](#) – This recipe is idea for using up fruit that may be becoming a bit soft.
- [Vegetable soup](#) – This versatile soup recipe can be adapted to include any leftover vegetables.

**WRAP - [Food surplus and waste in the UK](#)

Remember! There is a [What's happening this week? poster](#) that you can compete and display, to show your early years community what's happening during Healthy Eating Week.

There is also a [Healthy Eating Week certificate](#) that can be awarded to pupils and staff who have participated in Healthy Eating Week activities.

Why not share what your school is doing for Healthy Eating Week? @NutritionOrgUK #HEW24



New Derwent House,
69-73 Theobalds Road,
London
WC1X 8TA

020 7557 7930
postbox@nutrition.org.uk
nutrition.org.uk

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