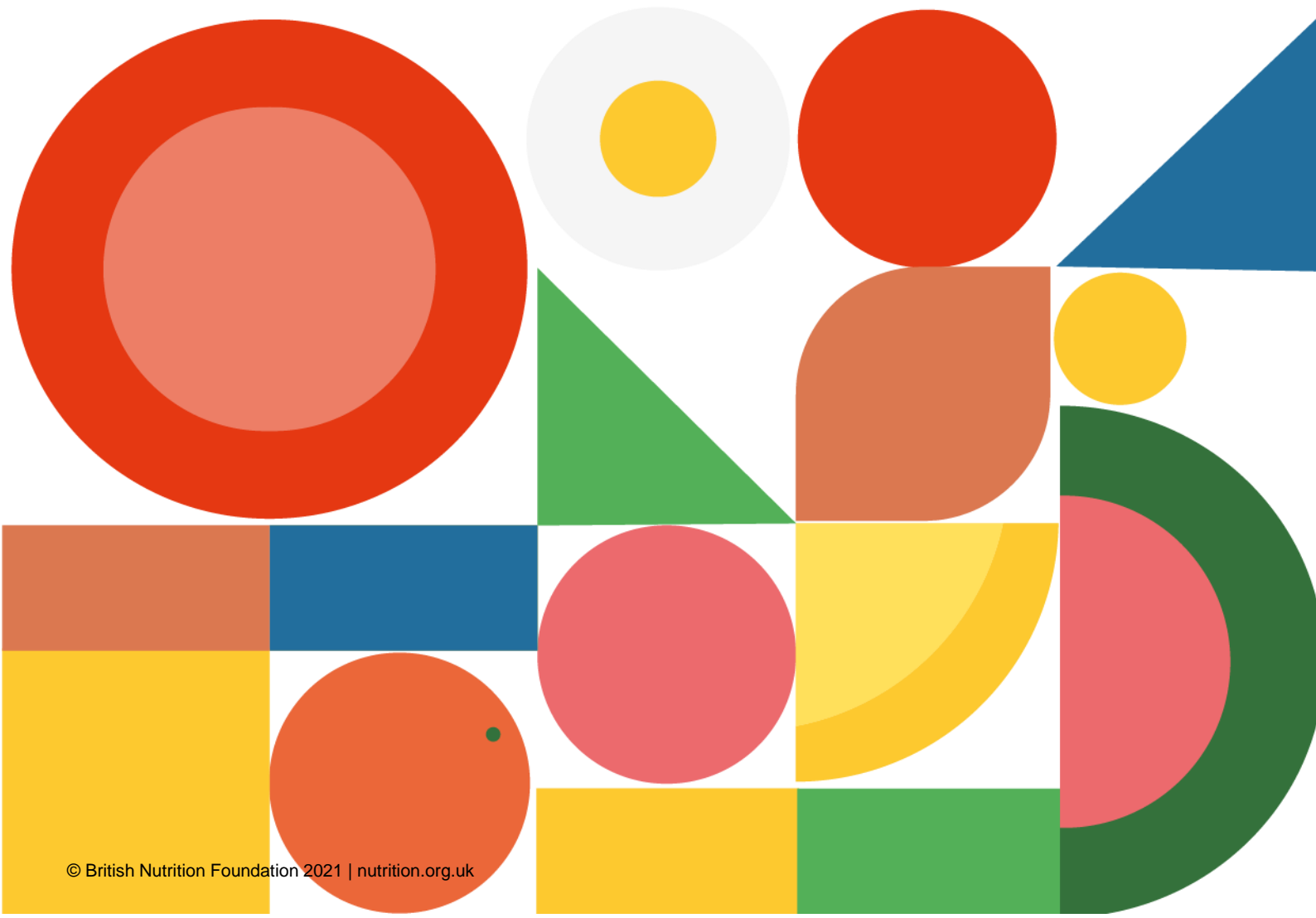


Healthy Eating Week

Find your **healthier** you

For early years practitioners



Welcome to the week

The **British Nutrition Foundation's** Healthy Eating Week is all about '*Find your healthier you*'. In early-year settings, this means supporting the children in your care to learn about, and get involved in, health eating.

Across the UK, we are encouraging everyone to reflect on their lifestyles and look to make improvements to enhance their own health and wellbeing – particularly around what they eat and drink. There's no 'one size fits all' approach – so we are providing a variety of information and resources that can be used to plan your week!

This guide provides inspiration around what you can do in early years settings – there lots of links to activity ideas and resources.

'*Find your healthier you*' is supported by five themes across the week:

- Know the facts;
- Make a healthier choice;
- Plan for success;
- Be the chef;
- Keep moving.

Get organised for the week!

- Put the date in the setting's calendar.
- Speak to your manager/senior team and get them on-board.
- Meet with your catering team to see how they can support the Week, e.g. planning special menus/dishes, 'flagging' healthier menu options on the 'make a healthier' choice day.
- Consider forming a small group to plan and coordinate activities for the Week. You could have a member of staff, a member of the catering team, a parent/carer and pupil representatives.
- Book rooms or areas for any special activities.
- Order any special supplies.
- Invite guest speakers.
- Let all setting's staff, children and parents/carers know!
- Use your settings website, Twitter feed and newsletters to let everyone know that you will be taking part in BNF Healthy Eating Week! Remember to say what the themes are, what your children will be learning and encourage parents/carers to embrace the Week's themes at home. You could share links to the *At home pack* with parents/carers.
- Download and share the [Pupil tracker](#), which supports the Week's challenges.

Over the next few pages you'll find lots of activity ideas and links to resources to support your Healthy Eating Week. You can use a many or as few of these as you wish to support your teaching. There's also some suggestions to 'get it going' in the longer term. Good luck!

Monday: Know the facts

We're focusing on the basics of healthy eating, busting the myths and giving practical advice. It's all based on the latest evidence, to help you make a difference.

In early years settings, this is about helping your children know about some key healthy eating messages and how they can be achieved. It's also about informing parents/carers.

Quick wins

- Display copies of the [Know the facts poster](#) around your setting and send it to staff.
- View and share the [Know the facts video](#).
- Email staff to remind them about the activity ideas and resources in this pack to support the 'Know the facts' theme.
- Does your setting serve the right portion sizes at meal and snack times? Take a look at our [Portion size for pre-schoolers](#) information.

Activities, ideas and resources

Here are suggestions of activities and resources to help your children learn about healthy eating.

Eat well – Choose a wide range of healthier foods in the right proportions

The Eatwell Guide is the healthy eating model for the UK. It shows the type and proportion of foods to have to achieve a healthy, balanced diet over a few days.

- Get started by letting your children play [The Eatwell Challenge](#) to see if they can sort different food into the correct food groups.
- Use these [activity notes and resources](#) to introduce The Eatwell Guide to your children to help them understand what a healthy eating looks like.
- Set up the [Eatwell game](#) and get children to put the [food cards](#) in the correct places.

Drink plenty - Have at least 6-8 drinks a day

- Get pupils to stick one blue sticker onto the [Bathtub tracker](#) each time they have a drink. How many stickers can you get across the week?
- Set up a hydration station in the room – try water with different flavours, such as cucumber or mint.
- Display the [Healthy hydration for children aged 1-4 years poster](#) in the classroom. Explain which drinks are healthier choices, and that you should have 6-8 drinks a day.
- Use this [worksheet](#) to teach pupils about drinking plenty, with help from Olaf, Anna, Elsa and Sven from Frozen!

Increase your fibre - Make sure you get your 5 A DAY and eat more wholegrains

We should all have at least five portions of fruit and vegetables every day. Fresh, dried, frozen, canned and juiced all count.

- Learn about 5 A DAY and play Fruit and vegetable bingo with [these resources](#).
- Have a 5 A DAY and set up a tasting activity for children, with different types of fruit and vegetables. They can rate how much they like each option.
- Create a display of fruit and vegetable images with the [Fruit cards](#) and the [Vegetables cards](#).
- Combine art and food by getting children to complete the [dot-to-dot resources](#). Get them to choose their favourite fruit and vegetables and stick them up on a display when finished.
- Help children think about different types of fruit and vegetables (e.g. canned, dried) that can count towards their 5 A DAY by using this [5 A DAY](#) worksheet.
- Share this [link](#) with parents/carers, to teach them more about how to get more fibre in their diet.

Tuesday: Make a healthier choice

Tips and tools are shared to help you make better choices. From reading food labels and getting to grips with portion sizes, there's a range of handy pointers to help you on your journey.

In early years settings, this means helping your children explore their food and drink choices and look at ways these could be healthier. It's also about informing parents/carers.

Quick wins

- Display copies of the [Make a healthier choice poster](#) around your setting and send it to staff.
- Email staff to remind them about the activity ideas and resources in this pack to support the 'Make a healthier choice' theme.
- Share and show the [Make a healthier choice video](#).

Activities, ideas and resources

Here you will find suggestions of activities and resources to help your children learn about making healthier choices.

Read the label - Compare nutrition labels to make healthier choices

- When choosing food items for the setting, e.g. tasting activities.
- Send out some information to support parents/carers, either via email or in a nursery newsletter. This [link](#) can support with looking at nutrition labels to make healthier choices.

Get portion wise - Choose the right size portion for you

- Share the 5532 portion size guidance for [preschool children](#) with parents/carers!

Make super swaps - Go for lower salt, fat and sugar options

- Share this information on [healthier snacking](#) with parents/carers.
- Set up a 'snack table' with the [food cards](#) laid out on the table. Ask the children to pick three snacks they enjoy, and challenge them to find healthier choices.

Other

- **Choices:** Use these lesson [notes and resources](#) to help children give opinions about food and talk about other people's likes/dislikes.
- **Tasting:** Set up a tasting activity for your children to encourage them to try new food and consider how this might help them make healthier choices in the future. Use these [lesson notes and resources](#) to help. These resources focus on fruit and vegetable tasting but you could include other food you would like to encourage children to choose it in the future, e.g. wholegrain varieties of food such as brown bread, crackers.

Wednesday: Plan for success

Making a plan and keeping track of what you do can all help in changing your behaviour for the better. Small changes can result in big gains too when planning meals and snacks, and eating out – and perhaps also save the pennies.

In early years settings, this is about helping your children keep track of their eating, drinking and activity so they can improve in the future. It's also about giving parents/carers support.

Quick wins

- Display copies of the [Plan for success poster](#) around your setting and send it to staff.
- Email staff to remind them about the activity ideas and resources in this pack to support the 'Plan for success' theme.
- Share and show the [Plan for success video](#).

Activities, ideas and resources

Here you will find suggestions of activities and resources to help your children plan for success.

Plan ahead - Make a food plan for the week and keep it varied

- Task children to draw a day's menu for a parent/carer that includes at least five portions of fruit and vegetables. Encourage them to choose lots of different colours.
- Give children copies of the [Eat a rainbow tracker](#) and encourage them to add stickers to this when they eat different fruit and vegetables.
- Plan a breakfast for each day of the week. Use the [Tasty toast](#) session with your children. This is a chance to talk about the importance of having breakfast and allow children to plan a healthy topping for toast. Give children a copy of the [Have breakfast take home activity](#) to complete at home with an adult.

Track your progress - Set goals and track how well you do

- Talk to children about how many drinks they should have each day and healthier drink choices. Use some of the slides from the [Hydration and activity presentation](#) to help talk about how much and what children should drink.
- Help raise awareness about drinking plenty by displaying this [drinks chart](#) in your setting and task children to colour in a raindrop each time they have a drink.
- Give children this [drink plenty chart](#) to complete at the weekend with an adult.

Change your normal - Small changes can help you achieve your goals

- Change your normal and the environment within the classroom by setting out some small changes to help your class achieve their goals. You could set up a fruit bowl or make sure there is water available for pupils to drink. You can use the [Small changes, big gains](#) table for inspiration!
- For those who are healthy and complete the challenges during the Week, you can present them with a certificate, or even a small healthy prize, showing how well they have done during the Week.

Thursday: Be the chef

Pulling together healthy eating know-how with practical cooking tips can help you make tasty, healthier dishes/meals. Healthier cooking tips will be given, with recipes and ideas for inspiration.

In early year settings, this is about getting your children to prepare and cook healthy, fun recipes.

Quick wins

- Display copies of the [Be the chef poster](#) around school and send it to staff.
- Email staff to remind them about the activity ideas and resources in this pack to support the 'Be the chef' theme.
- Share and show the [Be the chef video](#).

Activities, ideas and resources

Here you will find suggestions of activities and resources to help your children learn about cooking.

Get cooking - Encourage a love of cooking

- Help children learn about having fruit and vegetable snacks as they make a simple dip to have with vegetable dippers as part of the Delicious dips and dipper session.
- Try making some of these simple breakfast recipes with your children: Fruit smoothie, Tasty toast, Awesome overnight oats. Why not send recipes home too?
- Use the Perfect plant salad resources to teach your children more about vegetables (which parts of a plant come from) and let them experience making their own 'plant' salad!

Cook healthier - Make healthier meals by changing ingredients and the way you cook

- Use the [Picturesque pizza session](#) to teach children about where pizza comes from and let them experience make their own simple pizza with an English muffin base! This cooking activity is a great way to talk to children about the importance of eating plenty of fibre. You can point out that the vegetables on the pizza provide fibre. You could use wholemeal muffins and explain to the children that these also help add fibre to the pizzas.

Be inspired - Use recipes and tips from friends, and share your success

- Get pupils to bring in a copy of a family recipe from home and create a class recipe book with the recipes.
- Big chef, little chef! Set a non-cook recipe and be a role model to children practicing food skills. You could try cooking a-long with this [crunchy chickpea sandwich](#).
- Use reading books to teach children about different types of food, e.g. gingerbread man, little red hen, hungry cat or Charlie and Lola (never eat a tomato).
- Use the [Learn with stories resources](#) to teach children about food through following the food investigators on their journeys.

Recipes

There's lots of places to find recipes. As a guide, look for recipes that have plenty of fruit and veg, don't add salt and use wholegrains. When serving, think about the right portion size. Here's are a few links to recipes available on our BNF Healthy Eating Week supporter sites, and from other sources:

- [BHF recipe finder](#)
- [Change for life recipes](#)
- [Food – a fact of life recipes](#)
- [Love potatoes](#)
- [BBC Good food](#)
- [Love pork](#)
- [Old El Paso](#)
- [Green Giant](#)
- [Simply been and lamb](#)
- [Waitrose recipe ideas](#)

Friday: Move more

It's not just about what you eat and drink. Moving more, by being active, has many benefits for health and is an important part of a healthier lifestyle.

In early years settings, this is about helping your children learn about why it is important to be active and how they can move more.

Quick wins

- Display copies of the [Move more poster](#) around school and send it to staff.
- Email staff to remind them about the activity ideas and resources in this pack to support the 'Move more theme.
- Share and show the [Keep moving video](#).

Activities, ideas and resources

Here you will find suggestions of activities and resources to help your children be more active.

Get active - Find ways to be more active everyday

- Divide your children into small groups and provide each group with four pieces of PE/sports equipment (e.g. hoops, balls, cones). Challenge each group to invent an activity to get everyone running about and being active.
- Use the [Get active action cards](#) to get children moving! The task involves children turning over a card to reveal an activity and then shaking a dice to determine how many repetitions they perform!

Get on track - Follow the physical activity recommendations

- Nursery-age children should be active for 180 minutes (or 3 hours) every day, and this should include at least 60 minutes of moderate-to-vigorous intensity physical activity. You can find some more age specific recommendations, including information on what counts, on the [NHS website](#).
- You can keep children proactively active during the day by getting them to stand and stretch, incorporate activity into daily learning or take part in the Daily Mile!
- Get inspired with your children and choose one of the [10-minute shake up](#) Change 4 life activities each day!

Keep it fresh - Stay motivated by trying new ways to be active

- Invite a guest into your setting to teach children a new activities. This could be a Pilates or a yoga instructor, and can be done remotely. Why not ask parents/carers if they have any special skills that they would like to come in and share?
- Get children to try different activities when being active in an early years' setting, try something new every day and don't stick to the same games!

Beyond the week

Keep it up!

Once the week is over, keep up the good work and use what you've learned and done. Celebrate the successes of your children– award the BNF Healthy Eating Week certificate in assembly, highlight children for special praise in your newsletter.

Consider what worked well and see if you can include new healthier behaviours in everyday school life.

Here's some ideas to sustain *Find your healthier you*:

- Remind children about the key messages from the Week in assemblies and lessons.
- Ensure that the materials and links from the week are available throughout the year.
- Have a 'healthier you' display on the wall in your classroom – give top tips for everyone to try and get children to add their own information to the display.
- Keep up with the [class trackers](#)! If you think the class trackers worked well, why not keep them going and set up some class challenges!
- Work with the school caters to ensure the options in the school canteen are healthier.
- Share the [parental engagement resources](#) and *Food – a fact of life* [recipes](#) with parents and carers through school newsletters to encourage a whole school approach to healthy eating.
- Set up a [whole school food policy](#), if one is not already in place.
- Keep up to date with food education via [Food – a fact of life training](#) (conferences, webinars and online courses).

You'll also find lots of information and support at www.foodafactoflife.org.uk and www.nutrition.org.uk

...and for those learning from home!

- Pupils can learn about healthy eating from home, with these [remote learning tasks](#)!

Supporting you and your professional development

- [Keeping well at home online course](#) – why not go that extra mile and complete this free online course which includes tips and ideas of how to keep well at home.
- Stay up to date with the [FFL training](#).

Other useful sources of information

Healthy Eating

British Nutrition Foundation www.nutrition.org.uk

NHS Eat Well <https://www.nhs.uk/live-well/eat-well/>

Food Facts British Dietetic Association <https://www.bda.uk.com/food-health/food-facts.html>

Change 4 life Healthy Eating <https://www.nhs.uk/change4life>

British Heart Foundation <https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating>

Diabetes UK <https://www.diabetes.org.uk/>

Physical Activity

Change 4 life Activities <https://www.nhs.uk/change4life/activities>

Couch to 5K <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

Get active with a disability <https://www.nhs.uk/live-well/exercise/get-active-with-a-disability/>

Activity ideas for older adults <https://www.goldencarers.com/exercise/>

Mental health and wellbeing

Every mind matters <https://www.nhs.uk/oneyou/every-mind-matters>

Mind <https://www.mind.org.uk/>

Charlie Waller Memorial Trust <https://charliewaller.org/>

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

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

Registered Charity 251681
A Charity Registered in Scotland SC040061