

Providing a Healthy Food Environment in Early Years Settings

This course looks at the nutritional fundamentals for children aged one to four. It uses the Eatwell Guide from Public Health England to explain the importance of achieving a healthy diet through a balance of the four main food groups. It shows how much young children should eat by giving examples of portion sizes for meals and packed lunches. The course contains a range of helpful tips and tricks for providing healthy food at mealtimes and for lunch boxes. The course was written by experts at the Early Years Nutrition Partnership in conjunction with the Early Years Alliance.



Key features

- This course is CACHE endorsed
- Three modules with three multiple-choice questionnaires
- Three CPD credits*
- Optional narration of the course modules and questionnaires for accessibility
- Personalised downloadable certificate
- 70% pass mark
- Printable modules for future reference

*1 CPD credit equals up to 1 hour of learning

Course content

Module 1 Nutrition Fundamentals for Children Aged One to Four

- Why nutrition in the early years is so important. The benefits that good nutrition can have upon a child's health.
- How to achieve a healthy balanced diet in the early years by providing children with a variety of foods from the main food groups.
- The four main food groups: starchy foods, fruit and vegetables, proteins, and dairy and alternatives. What each group contains, how much children should eat, and why these foods are important in the early years.
- Oral health in the early years. The causes of dental erosion in children's teeth and how to avoid this.

Module 2 Healthy Portion Sizes

- Healthy eating for pre-school children in order to get all the energy and nutrients they need for their growth and development.



Continued Healthy Portion Sizes

- Why portion size is important to avoid overeating and childhood obesity.
- Key food groups and guidance on portion sizes for pre-school children.
- Helpful hints for preparing meals for young children.

Module 3 Healthy Packed Lunches

- How to provide a balanced, healthy packed lunch by including portions of food from the key food groups.
- Guidance on portion sizes for pre-school children's packed lunches.
- How to introduce variety in a child's lunchbox across the week.
- A comparison of pre-packed and processed food with their home-prepared equivalents.
- How to read and understand nutritional information on food packaging.
- How much sugar children should eat.
- The best drinks for children aged between one and five years.
- Hints, tips and tricks for preparing nutritious and varied packed lunches for pre-school children.

Contents

Group 2: Fruit and vegetables

Module 1

How much?

- Aim for at least five child-sized portions daily. A portion is roughly equivalent to the size of the child's palm.
- For children over the age of two years around 40 percent of the diet should be made up of these foods.

40%




Contents

Oral health in the early years

Module 1

The enamel surface of teeth begins to erode when exposed to foods or drinks with a pH level (measure of acidity) below 5.5. The lower the pH the more acidic the food or drink is.

Drag the purple boxes to the correct arrows on the scale to reveal pH levels of the drinks. Those highlighted in red and orange indicate drinks acidic enough to cause dental erosion*.



Drink	pH Level
Coca Cola	2.37
Lemonade	3.15
Orange flavoured juice drink	3.08
Pure orange juice	4.09
Fizzy water	4.96
Milk	6.8
Water	7.4



This course is suitable for:

Members of the Early Years Alliance, early years practitioners and parents of pre-school children.

Key features

- Visually engaging and highly interactive
- Video to highlight key learning points
- Mini-quizzes and knowledge checks throughout the course to strengthen the user's knowledge of providing a healthy food environment in their setting
- Answer explanations for those who achieve the pass mark
- Optional narration of the modules and questionnaires
- Links to additional online resources to expand learning
- Downloadable, printable modules for future reference
- Written by experts at the Early Years Nutrition Partnership in conjunction with the Early Years Alliance.

Contents

A balanced packed lunch

Module 3

This might look like this: Click on the elements of the packed lunch.

Fruit and vegetables
blueberries, tomatoes, carrot, cucumber & pepper sticks

Starchy food
wholemeal bread

Protein food
meat slices

Dairy food
plain yoghurt

Contents

Key food groups and portions sizes for pre-schoolers

Module 2

Before the age of five, aim to provide pre-school children with three meals and some snacks made up of a variety of foods from the four main food groups, in the right proportions. Consider the helpful '5,5,3,2' approach and include the following daily: Click on the segments of the Eatwell Guide.

5 portions of fruit and vegetables each day.

5 portions of starchy foods each day.

2 portions of protein foods each day (if a child is vegetarian, consider three portions of protein foods).

3 portions of dairy foods each day.

Question 2

1 2 3 4 5 6 7 8 9 10 Module 1

How many portions of fruit and vegetables should a child have daily?

a) At least three

b) At least ten

c) At least five

Q2

Question 7

1 2 3 4 5 6 7 8 9 10 Module 2

Drag and drop the words into the correct boxes.

Children's tummies are than adults; think about offering smaller platefuls of and nutrient dense food. Offering large platefuls of food can be and may prevent children from mealtimes.

tiring overwhelming enjoying

much smaller varied the same

Q7

Why choose us?



“The training you provide is fantastic, we use the training for staff meetings and for updating our committee. Absolutely brilliant, we use the training all the time. We wouldn't be without it.

Rebecca Cox
Manager, Cholsey Pre-School

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