

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 Pre-school Learning Alliance.



Key features

- Level 2 course (as graded against the nationally accepted levels, equivalent to GCSE grades A* - C)
- 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.

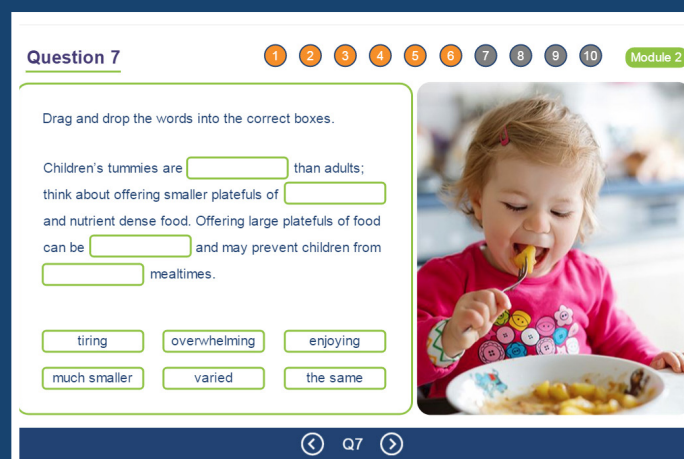
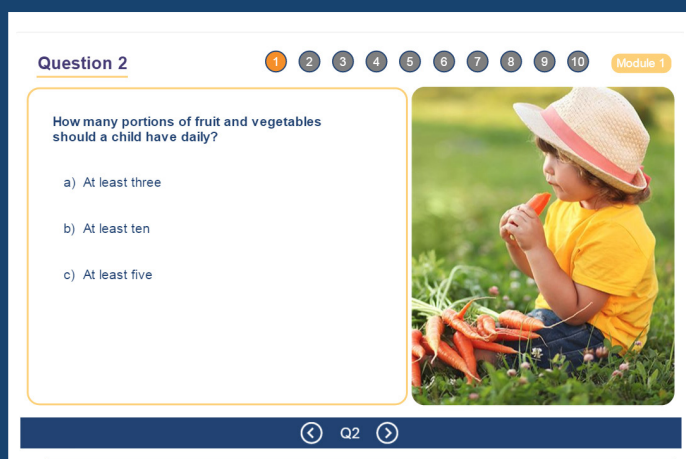
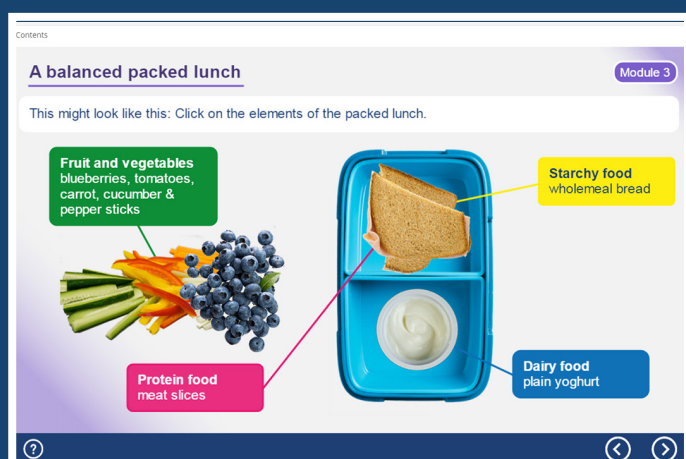


This course is suitable for:

Members of the Pre-school Learning 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 Pre-school Learning Alliance.



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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