

LITTLEDIKE, Emma (CAMBRIDGESHIRE COMMUNITY SERVICES NHS TRUST)

From: LITTLEDIKE, Emma (CAMBRIDGESHIRE COMMUNITY SERVICES NHS TRUST)
Sent: 28 October 2020 14:28
To: Gen-Beds-Childrens-Family-Foodfirst (CAMBRIDGESHIRE COMMUNITY SERVICES NHS TRUST)
Subject: Family Food First - Communications Toolkit for parents
Attachments: FFF Parent engagement newsletter.pdf; FFF Public Health Messages for Social media and Whatsapp.xlsx; Family Food First - remote parent engagement recommendations.pdf; Nutrition Education Activities for Children.pdf

Dear all,

I am emailing from the Family Food First team to share our [toolkit of communication resources](#) for healthy lifestyle promotion in light of the Covid-19 Pandemic.

We understand that Covid-19 has greatly impacted family wellbeing and the ways in which you communicate with parents. In order to support you the following resources are attached:

- 1) [Suggested healthy lifestyle promotion messages](#), themes, links and hashtags which can be copied and shared through social media (Facebook, Instagram, Twitter etc.) or through messaging apps such as Whatsapp. You could share them all or make a selection of messages that you like. Feel free to adapt the wording for your setting / audience. Dates for sharing have been suggested in line with specific holidays and campaigns. We recommend using a scheduler site or app such as 'buffer' or 'later' and pre-loading the messages with future dates to save time. <https://buffer.com/>
- 2) [Monthly newsletter](#) – we have created a healthy lifestyles newsletter that can be shared with parents via email or added to your existing newsletter and email updates. We used a website called Canva that has pre-loaded newsletter templates for Schools and Nurseries <https://www.canva.com/>
- 3) [Nutrition education activities for children](#) – suggestions for games and activities in the setting. These can also be recommended to families and could be especially useful for those in quarantine.
- 4) [Parent engagement Covid recommendations](#)
- 5) [Parent engagement webinar video](#) for staff training and strategising
<https://vimeo.com/442305333/088433b4da>

If you have any questions or would like support from our team please do not hesitate to email or phone us. You are all Key Worker Heroes!

Best Wishes

Emma

Emma Littledike
Public Health Nutritionist

My normal working days are Tuesday and Wednesday.

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Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust

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Family Food First – Recommendations for parent engagement during Covid-19

Social Media Accounts

- If you haven't already, we recommend you set up one or more of the following accounts for your setting:
 - Facebook (page or group): www.facebook.com
 - Instagram: www.instagram.com
 - Twitter: www.twitter.com
- It is advisable to consider which ones are the most used by your parent cohort
- Encourage parents to like / join your page or group verbally and through email / messaging apps
- Post a steady stream of health promotion messages (ideally one per day and around the same time of the day).
- We'd love you to create your own messages but we've provided an excel sheet with some ideas to get you started
- You may be able to engage other members of the community to join to have an even larger audience.

Email

- We'd recommend the inclusion of healthy lifestyle promotion tips and advice in emails to parents.
- We've provided an e-newsletter as an example of what you can produce. There is a great website www.canva.com that provides ready to use professional templates.
- You could use an email newsletter as an opportunity to showcase and encourage healthy behaviours via a family / event of the week or month and feature photographs of their healthy meals, physical activities and survival tips.

Text and messaging apps

- The easiest way to get healthy lifestyle promotion messages to parents is through direct messages to entire groups on apps such as Whatsapp.
- You can send links to healthy recipes, workout and activity ideas as well as reminders.
- Messaging apps also provide the opportunity to rally parents to get on board national campaigns and support each other with events such as Fizz free Feb.
- You can encourage parents to share their own healthy activities with each other via the app.

Opportunities to connect remotely

- You could organise a video meet up for parents on a regular basis using apps such as zoom to discuss challenges with healthy lifestyles or for cooking demonstrations. You could ask parents to volunteer to lead the calls so that it does not create extra workload for your team.

Social Media Public health messages - for parents and settings

General Healthy lifestyles message: We are all having to make changes to the way we live as a result of COVID-19. It is important that we continue to eat well and stay physically active at this time.

Suggested dates	Theme	PH message	Relevant website / signpost	#
31/10/2020	Event	Halloween doesn't need to be a scary overload of sugar. Check out these Healthy Halloween Recipes from the BBC for a spooky family meal of fun!	https://www.bbcgoodfood.com/recipes/collection/healthy-halloween-recipes	#halloween #spooky #autumn #halloweenfood
01/11/2020	General Healthy lifestyles	What changes have you had to make as a result of COVID-19? Don't forget to eat well and stay active.		#QuarantineandChill #FlattenTheCurve #SocialDistancing #TogetherAtHome #nutrition #healthynutrition #fitfood #eatright #nutrients #healthyeating #choosingbalance #healthyrecipes #eatarainbow #fit #fitness #fitnessgoals #quarantine15 #selfcare #workout #exercise #gym #training #workout #parenting #shield #shielding #quarantinelife #quarantineworkout #quarantinecooking #quarantinefood #lockdown #lockdown2020 #lockdownlife
02/11/2020	Exercise	Running out of ideas to keep your little ones active? Head over to Change4Life for some fun ideas to get everyone moving!	https://www.nhs.uk/change4life/activities	#fitness #exercise #quarantine #homegym #workout
03/11/2020	Campaign	Sandwich day - time to make delicious healthy sandwiches for all of the family. Tell us about your favourite kind of sandwich! Hot or cold, we want to hear it!	Healthy Swaps	#sandwich #sandwichday
04/11/2020	Snack smart	Fruit and vegetables are usually cheaper if they're in season. If you can't get your hands on your usual fresh varieties right now, remember tinned or frozen fruit and vegetables are just as good.	https://www.goodtoknow.co.uk/food/seasonal-food-calendar-71128	#food #fruitandveg #fruit #vegetables #veg #seasonal
05/11/2020	Event	Stay safe and avoid the crowds this bonfire night! Here are some banging family dinners from Jamie Oliver.	https://www.jamieoliver.com/recipes/category/occasion/bonfire-night-recipes/	#fireworks #bonfirenight
06/10/2020	General Healthy lifestyles	Eating well and staying active is really important for both our physical and mental wellbeing.	https://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyat-home--healthy-diet	#eatwell #stayactive #covid #wellbeing #healthyliving #mentalhealth
08/11/2020	General Healthy lifestyles	Everything feels a bit different now. Routines have been altered and our eating habits may have changed. However making a plan and being prepared can help us continue to eat well and stay active.	https://www.nhs.uk/change4life/recipes/dinner#featured-recipes	#eatwell #plan #recipe #lockdown #stayactive
10/11/2020	General Healthy lifestyles	Extra time spent at home is a good opportunity to try new foods or recipes or get other family members involved in preparing and cooking meals. This can be an enjoyable way to pass the time, try something new and, for some, learn a new skill!	https://www.nhs.uk/change4life/recipes	#homecooking #recipes #family #familycooking #familynutrition
12/11/2020	Campaign	National School Meals Week - this week has long been celebrated by encouraging children to eat a school meal or try something new and also complete their daily mile! It's also a great time to show appreciation to all the key workers preparing school meals and supporting with mealtimes. Get involved!	Nutrition	#nationalschoolmealsweek #laca #nsmw
13/11/2020	Campaign	It's Children in Need day! Did you know that children in some of the highest areas of deprivation in the UK are eating a nutritionally poor diet and will have a higher likelihood of developing obesity and other chronic illness? Together we can change young lives! https://www.bbcchildreninneed.co.uk/	Nil	#childreninneed
14/11/2020	Campaign	It's World Diabetes Day - a great moment to develop your own awareness of Diabetes and show your appreciation to the key workers preventing and managing it. Take the test! Know your risk of Type 2 Diabetes https://worlddiabetesday.org/		#worlddiabetesday

15/11/2020	Eat well	Covid-19 is affecting public health throughout the UK. Don't forget eating a healthy, balanced diet which includes a variety of different foods will ensure you get all the essential nutrients and energy you need for throughout the day.	https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/	#Covid19 #Covid-19 #Coronavirus #StayHomeStaySafe #StayHome #QuarantineandChill #FlattenTheCurve #SocialDistancing #TogetherAtHome #nutrition #healthynutrition #fitfood #eatright #nutrients #healthyeating #choosingbalance #healthyrecipes #earainbow #fit #fitness #fitnessgoals #quarantine15 #selfcare #workout #exercise #gym #training #workout #parenting #shield #shielding #quarantinelife #quarantineworkout #quarantinecooking #quarantinefood #lockdown #lockdown2020 #lockdownlife
18/11/2020	Plan & prep	For many of us, shopping routines have changed and you may still be experiencing changes in the way you buy or get access to food right now. Planning meals and snacks and writing a shopping list is a good way to make sure you get everything you need, but will also help limit your time at the shops.	https://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less/	#eatwell #foodshop #shopping #foodplan #homecookedfood #familymeals
19/11/2020	Eat well	Are you getting enough vitamin D this winter? While it's difficult to get enough vitamin D from food alone, it can be found in foods such as oily fish and eggs. Some breakfast cereals, margarines and yoghurts are fortified with vitamin D.	https://images.app.goo.gl/1BJX5gJeKpNUe7FE7	#vitd #vitamind #oilyfish #nutrition #familynutrition #micronutrients
20/11/2020	Plan & prep	Making sure that you only buy what you need helps avoid food going to waste and remember that you can often freeze leftovers for another meal.	https://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less/	#eatwell #zerowaste #frozenmeals #familymeals
21/11/2020	Eat well	Winter is coming! It is important that we maintain sufficient levels of vitamin D. Since our main source of vitamin D is sunlight, this advice is especially important for people who are indoors much or all of the time. Everyone (including children) should consider taking a daily 10 microgram supplement of vitamin D.	https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/	#winteriscoming #winterishere #vitd #vitamind #micronutrients #eatwell #supplements
22/11/2020	Plan & prep	If you choose to eat out or order a takeaway, try to avoid overdoing it and make healthier choices where possible. You could go for a lower fat topping on a pizza, such as vegetables; steamed or plain rice instead of fried rice; or a tomato or vegetable-based sauce, rather than cream-based.	https://www.nhs.uk/change4life/food-facts/healthier-takeaways-and-ready-meals	#takeaway #healthyoptions #plan #eatwell #healthytakeaway
23/11/2020	Fuller for longer	Eating breakfast will give you the energy you need for your morning activities and also help avoid unnecessary snacking. Choose cereals which are high in fibre and low in sugar and are quick and easy to prepare. Add fruit to cereal for one of your five a day.	https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/breakfast-cereals-ranked-best-to-worst	#breakfast #cereal #fruit #fibre
24/11/2020	Plan & prep	Why not create your own Fakeaway rather than reaching for the takeaway menus. Check out this recipe for a chilli beef and bean burger over on Change4Life!	https://www.nhs.uk/change4life/recipes/chilli-beef-and-bean-burgers-recipe	#fakeaway #healthytakeout #eatwell #familymeals
25/11/2020	Fuller for longer	Eating a variety of fruit, vegetables and pulses (such as beans and lentils) is not only good for your health but is another good way to keep satisfied throughout the day.	https://www.nhs.uk/live-well/eat-well/5-a-day-portion-sizes/	#eatwell #fruit #vegetables #pulses
26/11/2020	Quarantine	Food & nutrition Advice for families in quarantine: - Be strategic about the use of ingredients - prioritize fresh products. Use fresh ingredients and those that have a shorter shelf life first. If fresh products, especially fruits, vegetables and dairy products continue to be available, prioritize these over longer lasting foods. Frozen fruits and vegetables can also conveniently be used over longer periods of time and often have a similar nutrient profile to fresh foods. To avoid food waste, you may consider freezing any leftovers for another meal. You may also want to ensure that any canned or frozen vegetables do not have added salt.		#zerowaste #eatwell #frozenmeals
27/11/2020	Healthy advent	Instead of buying an advent calendar this year why not buy a self fill advent calendar or hide and seek with daily treats? You can use healthy alternatives to chocolate such as fruit, popcorn and savoury treats or stories and poems to read. You could also consider daily challenges and kindness deeds to celebrate the run up to Christmas.		#advent #adventcalendar
28/11/2020	Stay hydrated	Drinking plenty of fluid throughout the day (aiming for at least 6-8 glasses) will help keep your body hydrated. Water, milk and sugar free drinks, including tea and coffee all count. Fruit juice and smoothies can be high in sugar so try to limit these to one small glass (around 150ml) each day.	https://who.canto.global/s/JKCRF?viewIndex=0&column=image&id=9oahu5jue52vrdkj43rq97qn3v	#water #fluid #nosugar

29/11/2020	Quarantine	Food & nutrition Advice for families in quarantine: Limit your fat intake - opt for cooking methods that require less or no fat, such as steaming, grilling or sautéing instead of frying foods. If needed, use small amounts of unsaturated oils like rapeseed, olive or sunflower oil to cook foods. Prioritise unsaturated fats (i.e. fish and nuts) vs saturated fats (red and fatty meats and butter). To limit saturated fats, trim excess fat from meat and poultry and choose skinless options.		#lowfatmeals #eatwell #healthyfood #healthycooking
30/11/2020	Get together in the kitchen	Having children and young people at home more can often lead to cries of 'I'm hungry' and having to come up with meal and snack ideas day-in, day-out can be difficult. But there are ways to help deal with this. Planning mealtimes and snacks together with children, as part of your daily routine, could be one way to keep them busy and help stop them heading for the cupboards.		#childnutrition #familymeals #mealtime #snacktime
01/12/2020	Eat well	How well are you managing your nutrition in the pandemic? Vitamin D supplements (including vitamin drops containing vitamin D for under 5s) can be purchased from most supermarkets and pharmacies. Please don't buy more than you need. If you're not able to get it, don't worry. Keep looking and take it as soon as you can.	https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/	#vitd #vitamind #oilyfish #nutrition #familynutrition #micronutrients
02/12/2020	Quarantine	Food & nutrition Advice for families in quarantine: Prepare home-cooked meals - during regular daily life, many individuals often do not have the time to prepare home-cooked meals. Spending longer periods of time at home may now offer the possibility to make those recipes you previously did not have time to make. Many healthy and delicious recipes can be found online. Take advantage of the wealth of freely available information, and experiment.		#homecooking #recipes #family #familycooking #familynutrition
03/12/2020	Snack smart	You may find yourself reaching for the fridge or cupboard to look for snacks more frequently at the moment, especially if you're feeling bored or stressed. Try having a variety of healthy snacks to hand such as chopped fruits and vegetables, breadsticks, rice cakes and crackers.	https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids	#snacks #fruit #healthyeating #eatwell
04/12/2020	Enjoy family meals	For young people, this is a great time to let them loose in the kitchen and to develop the skills they need for the future. Asking them to plan and prepare healthy meals, finding new recipes for the family to enjoy or helping with shopping lists or online shopping will help them feel involved and can be a way to destress and keep them occupied.	NHS - Change4life recipes: https://www.nhs.uk/change4life/recipes	#familymeals #familyrecipes #change4life #childnutrition #familynutrition
05/12/2020	Shielding	Advice for eating well whilst Shielding: - If you have been buying online, or having someone get the food and household items you need for you, you can carry on getting things in this way. Some retailers are still offering gift card schemes to allow others to shop for you -Making a list of the things you need will help someone to shop swiftly and efficiently for you and limit the time they are at the shops. It might also be an idea to give them alternatives just in case what you would like is not available. -If you'd rather get deliveries to your home, you can carry on getting priority access to online supermarket delivery slots, providing you have already signed up for this service. This means you should still be able to book an online delivery slot even if it gets busy. -People who have been shielding can still contact their Local Authority directly or via the free national helpline on 0800 111 4000 for urgent support with food.	NHS Inform – Information on shielding for the clinically vulnerable: https://www.nhsinform.scot/illnesses-andconditions/infections-andpoisoning/coronavirus-covid-19/coronaviruscovid-19-shielding https://www.gov.uk/guidance/coronavirus-covid-19-accessing-food-and-essential-supplies	#foodshop #eatwell #Covid19 #Covid-19 #Coronavirus #StayHomeStaySafe #StayHome #QuarantineandChill #FlattenTheCurve #SocialDistancing #TogetherAtHome #nutrition #healthynutrition #fitfood #eatright #nutrients #healthyeating #choosingbalance #healthyrecipes #eatarainbow #selfcare #parenting #shield #shielding #quarantineandlife #quarantinecooking #quarantinefood #lockdown #lockdown2020 #lockdownlife
06/12/2020	Breastfeeding Mums	This can be a worrying time for mums who are breastfeeding or those who are pregnant and considering their options. Breastfeeding supports your baby's immune system and protects them from many common illnesses and as there is currently no evidence that the virus can be transmitted through breast milk, you should continue to breastfeed. If you have any concerns you should speak to your midwife, health visitor or GP.	https://www.who.int/news-room/commentaries/detail/breastfeeding-and-covid-19	#breastfeeding #newmums #covid19 #baby #infant #childnutrition
07/12/2020	Exercise	Keeping physically active is important, and you should try to incorporate some activity each day. These exercise routines are designed for busy people and can be done anywhere, at any time.	https://www.nhs.uk/live-well/exercise/gym-free-workouts/	#Covid19 #Covid-19 #Coronavirus #StayHomeStaySafe #StayHome #QuarantineandChill #FlattenTheCurve #SocialDistancing #TogetherAtHome #fit #fitness #fitnessgoals #selfcare #workout #exercise #gym #training #workout #lockdown #lockdown2020 #lockdownlife

08/12/2020	Quarantine	Think of others this Christmas season! There are negative consequences to panic buying such as an increase in food prices, overconsumption of food and an unequal distribution of products. Make a plan, take only what you need.		#don'tpanic #panicbuy #foodshop #mealplan #eatwell
09/12/2020	Stay hydrated	Sometimes it's easy to confuse hunger for thirst, so drinking often and throughout the day will help prevent this. Water from the tap is free and is a healthy choice for quenching your thirst at any time. It produces no waste, has no calories and contains no sugars that can damage teeth. Having a water bottle with you throughout the day is a good idea and can help you drink more water.		#water #hydration #fluid #drinkwell
10/12/2020	Enjoy family meals	Involve young children in planning and making food this holiday season. Making it fun and enjoyable will not only help pass the time but can encourage children to learn about food and cooking and try new foods.	NHS - Eat well recipes: https://www.nhs.uk/live-well/eat-well/	#holiday #familymeals #christmas #childnutrition #familycooking #childrencooking
11/12/2020	Quarantine	Advice for families in quarantine: Limit your salt intake - The availability of fresh foods may decrease and it may therefore become necessary to rely more on canned, frozen or processed foods. Many of these foods contain high levels of salt. You may also consider rinsing canned foods such as vegetables and beans, to remove some of the excess sodium. Given that you might be consuming enough salt already, avoid adding extra salt when cooking and to your meals at the table. Experiment with fresh or dried herbs and spices for added flavour instead.		#limitsalt #tinnedfoods #quarantine #covid #lowersalt #lesssalt
12/12/2020	Fuller for longer	Keep going with your healthy habits this winter! Soups can be a quick and easy lunch solution, be made with whatever vegetables and pulses you have available to you and be a good way to use up leftovers. Pulses including beans and lentils can also be a good substitute for meat and can be added to soups and stews to make them go a little further.	? https://www.nhs.uk/change4life/recipes/harvest-vegetable-soup	#soup #winteriscoming #winter #winterishere #eatwell #healthy #familymeals #vegetables #nutrition #familynutrition
13/12/2020	Plan & prep	Food is an important part of our daily lives, not only for the energy that it provides us with but it's also something that many of us enjoy. Use extra time spent at home as an opportunity to try new foods or recipes, or get family members involved in preparing and cooking meals may be enjoyable ways to pass the time, try something new and learn a new skill.		#familymeals #familycooking #familyrecipes #childrencook #eatwell #newrecipe #newfoods #familytogether
14/12/2020	Quarantine	Food & nutrition Advice for families in quarantine: Be aware of portion sizes - It can be difficult to get portion sizes right, especially when cooking from scratch. Being at home for extended periods, especially without company or with limited activities can also lead to overeating. Check the eatwell guidance on healthy portions for adults and be mindful that young children will need smaller portions.		#fiveaday #fruit #veg #portionsize #portioncontrol #eatwell
15/12/2020	Fuller for longer	Top healthy eating tip from Family Food First Dieticians! Basing our meals around starchy foods such as pasta, rice and potatoes is a good way to keep us feeling fuller for longer.	https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/	#starchyfood #wholegrain #fullerforlonger #eatwell #familynutrition
16/12/2020	Quarantine	Food & nutrition Advice for families in quarantine: Avoid trans fats! These are artificially created fats designed to increase the shelf life of foods. You might find them in fast foods, cakes and biscuits. They are linked to Coronary Heart Disease.	https://www.nhs.uk/news/food-and-diet/trans-fats/	#avoidtransfats #quarantine #eatwell
17/12/2020	Christmas	18 Healthy Christmas snacks for your little ones https://www.healthylittlefoodies.com/18-healthy-christmas-snacks/		#christmas #children #snacks #snacktime #familymeals #eatwell #healthyfamily #healthychildren

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HEALTHY HABITS

A newsletter for the parents of early years children in Luton



Keeping active during the Covid-19 Pandemic

With gym closures and changes to work and home life it can be difficult to keep physically active. Don't forget to block time in your day to move! There are fantastic P.E. workouts for children available online from the likes of Joe Wicks and Active Kids. The NHS also has some exercise routines designed for busy people and can be done anywhere, at any time. <https://www.nhs.uk/live-well/exercise/gym-free-workouts/>



OVERVIEW:

- Physical Activity
- Eating well
- Family time

A newsletter on healthy lifestyles to improve well-being for parents and young children.

Physical activity games and recommendations.

National campaigns and initiatives.

Healthy eating recipes for family cooking.

Top tips for meal planning and shopping in the time of Covid

1. Eating a healthy, balanced diet which includes a variety of different foods will ensure you get all the essential nutrients and energy you need for throughout the day.
2. For many of us, shopping routines have changed and you may still be experiencing changes in the way you buy or get access to food right now. Planning meals and snacks and writing a shopping list is a good way to make sure you get everything you need, but will also help limit your time at the shops.

3. If you choose to eat out or order a takeaway, try to avoid overdoing it and make healthier choices where possible. You could go for a lower fat topping on a pizza, such as vegetables; steamed or plain rice instead of fried rice; or a tomato or vegetable-based sauce, rather than cream-based.

4. Making sure that you only buy what you need helps avoid food going to waste and remember that you can often freeze leftovers for another meal.

5. Planning to eat out or have a takeaway in advance can help you make better food choices during the rest of the week.

6. Food is an important part of our daily lives, not only for the energy that it provides us with but it's also something that many of us enjoy. Using the extra time spent at home just now as an opportunity to try new foods or recipes, or get family members involved in preparing and cooking meals may be enjoyable ways to pass the time, try something new and learn a new skill.



Family recipe of the month

VEGETABLE PASTA BAKE

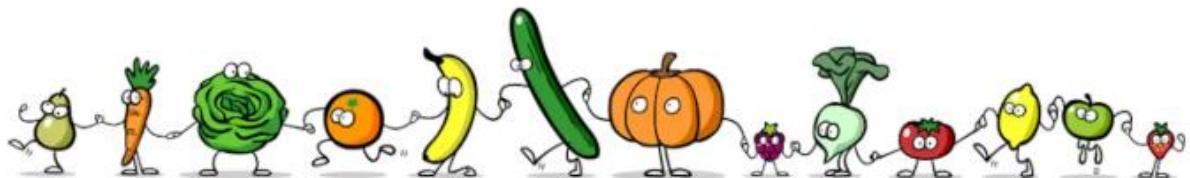
- 1 red pepper, cut into bite-size chunks
- 1 yellow pepper, cut into chunks
- 1 aubergine, finely chopped
- 1 courgette, finely chopped
- 1 red onion, sliced
- 3 tbsp olive oil
- 150g/5½oz cherry tomatoes, halved
- 400g tin chopped tomatoes
- 2 garlic cloves, crushed
- 3 tbsp roughly chopped basil
- 300g/10½oz pasta, such as gemelli or penne
- 150g ball mozzarella, drained & chopped
- 2 tbsp pesto
- 2-3 tbsp finely grated hard cheese
- salt and freshly ground black pepper

1. Preheat the oven to 190C/170C Fan/Gas 5
2. Put the peppers, aubergine, courgette and onion into a roasting tin or deep baking dish and coat in the oil. Season with salt and pepper and cook for 45 mins, turning twice, until the vegetables are tender and golden brown.
3. Add the cherry tomatoes, chopped tomatoes, garlic and basil and cook for 10–15 minutes.
4. Meanwhile, cook the pasta in boiling salted water according to pack instructions. Add 4–6 tablespoons of the pasta cooking water to the vegetables to loosen the tomato sauce.
5. Drain the pasta and stir into the roasted vegetables. Stir through the mozzarella and pesto, top with Parmesan and return to the oven for another 10 minutes, until the cheese has melted



Healthy Lifestyles Education Activities

*A Family Food First resource
for early years settings*



1) Healthy vs Unhealthy – a sorting activity

Learning objectives:

- Children develop an understanding of foods they have access to those to eat often or less often.

Resources you will need:

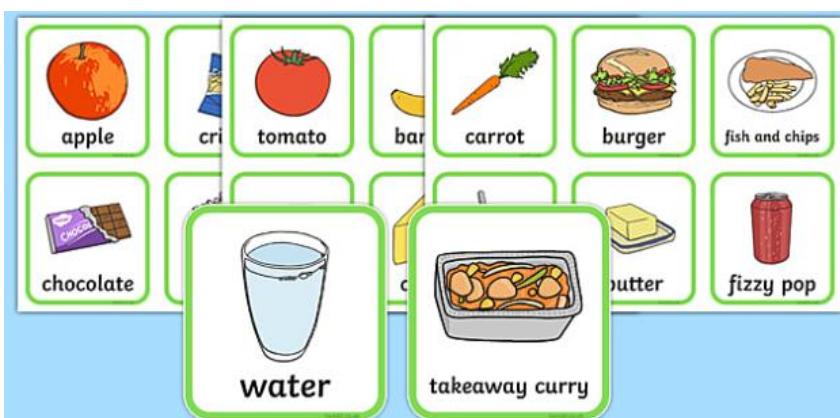
- Food cards or pictures of foods
- Large signs saying 'healthy' and 'unhealthy'

Print pictures of a variety of food from all food groups. You can buy a card deck or make your own. Help the children to arrange the foods into healthy and unhealthy groups and discuss with them why they are to be eaten often or less often. This can also be a good resource to encourage children to try new foods as well as express their likes and dislikes.

You can create 'healthy' and 'unhealthy' headings on a wall and stick the pictures up or you could gather the children in a circle and sort the cards on a table or the floor.

You could also do this exercise all at once or in a gradual way i.e. looking at 2-3 different food items per day and discussing them.

This exercise can be enhanced with real or plastic food items as an alternative to cards and pictures.



2) Food Alphabet

Learning objectives:

- Children develop their vocabulary and understanding of many fruits and vegetables

Resources you will need:

- Pictures of foods

Create a visual food alphabet wall display. Children can cut out pictures of food and match these to a letter or draw their own impression of the food.

You can spell the month of the year and then focus only on healthy foods matching each letter for the month word i.e. March:

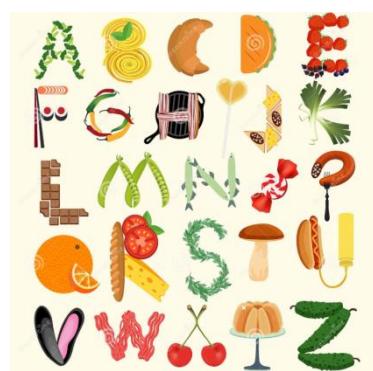
M – Melon

A – Apple

R – Radish

C – Carrot

H - Humous



3) Sing songs about Food and Nutrition

Learning objective:

- Children hear and understand healthy messaging on nutrition in a memorable way

Resources:

- TV or computer screen, speakers, internet access

Examples:

<https://www.youtube.com/watch?v=0v4-eAefurY>

<https://www.youtube.com/watch?v=FTz8GvgJQaY>

<https://www.youtube.com/watch?v=sQEhmMd1fmA>

<https://www.youtube.com/watch?v=AHPn5d7wRtk>

<https://www.youtube.com/watch?v=eebE6dNehMc>

<https://www.youtube.com/watch?v=iRu1Yp2br00>

<https://www.youtube.com/watch?v=FGkYMm1t4-8>

<https://www.youtube.com/watch?v=bU7pboMhJtM>

https://www.youtube.com/watch?v=UaqISEs_uj0

<https://www.youtube.com/watch?v=DruYNHN4FYY>

<https://www.youtube.com/watch?v=RE5tvaveVak>

<https://www.youtube.com/watch?v=efMHLkyb7ho>



4) Stories about Health and Nutrition

Learning objective:

- Children hear and understand healthy messaging on nutrition in a memorable way

Resources:

- Books, TV or computer screen, speakers, internet access

- Reading list:

- Jasper McFlea would not eat his tea
- The boy who loved Broccoli
- Oliver's vegetables
- Creepy Carrots
- Are you eating something green?
- Beautiful bananas
- Cool as a Cucumber
- The hungry Caterpillar
- Blueberries for Sal
- Kid's Fun & Healthy cookbook
- How did that get in my lunchbox
- I will never not eat a tomato
- Gregory the terrible eater
- Bread and jam for Frances
- Mouse Soup
- The ugly vegetables
- Green eggs and ham
- Mrs Peanuckle's Vegetable Alphabet
- I know an old lady who swallowed a pie

Video stories

The hungry Caterpillar: <https://www.youtube.com/watch?v=75NQK-Sm1YY>

<https://www.youtube.com/watch?v=XjSI9C72W-A>

https://www.youtube.com/watch?v=D547sYO_w4M

5) Create a fruit / vegetable person

Learning objective:

- Making vegetables fun

Resources:

- Vegetables and cocktail sticks, knives for cutting

Cut up pieces of vegetables and use toothpicks to make vegetable stick men. Create a display for parents.

Use them to make a story or for a game i.e. snakes and ladders (printable on A3).

You can also line them all up and create a finish line. Children have to answer health and nutrition related questions and can move a step with their vegetable man each time they get one correct. Which veg man will reach the finish line first?

Example questions:

- a) Name a fruit or vegetable with the letter 'X'
- b) Where do fruits and vegetables come from?
- c) Name your favourite fruit?
- d) Describe what XYZ fruit or vegetable looks like (colour of X, shape of X etc)
- e) How can we prepare vegetables for eating
- f) Which fruits and vegetables are soft / crunchy / hard / lumpy



6) Odd one out

Learning objective:

- Children develop their vocabulary and understanding of fruits and vegetables through active listening and physical activity.

Resources:

- Indoor / outdoor space, create a word list to call out

Children run around in a circle in all directions. They have to sit down if they hear the name of a fruit or vegetable called out. The last one to sit down is out (or Physical activity forfeit).

Example: cat, book, horse, CARROT!

Or, say a series of four words including three vegetables and one odd word, for example, "Carrot, potato, cat, onion". Ask children to identify the odd word.

Make the game more challenging by using an odd word that is also a food, for example, "Celery, capsicum, carrot, yoghurt". Ask the children why the odd word does not belong with the rest of the group.

7) Salty potato experiment

Learning objective:

- Children understand that salt is unhealthy

Resources:

Two bowls and one potato

Fill two bowls with water and mix some salt into one of the bowls. Label the one with the added salt. Cut the potato in half and place each half into a bowl with the cut side face down. Leave it for a minimum of 30 minutes and then compare the shrivelled potato with the normal one. Explain that potatoes lose water in salt. They can make people very thirsty and should be eaten only occasionally.



8) Planting food – Cress heads

Learning objective:

- Children understand where fruits and vegetables come from

Resources:

- Seeds, space, soil, water
- Cress heads: cress seeds, yoghurt pot, cotton wool, kitchen roll, water, pens or paint brushes and paint



If you have space to plant food at your nursery we recommend planning a gardening activity. Free seeds can be accessed in the UK i.e. <https://innocentbiggrow.com/>

For excursion opportunities to plant food contact organisations such as Groundworks
<https://www.groundwork.org.uk/bumper-harvest-in-luton/>

For an easy activity make cress heads:

- 1) Paint or draw a face on the yoghurt pot
- 2) Put some wet kitchen roll in the bottom and damp cotton wool on top
- 3) Put the seeds evenly onto the cotton wool and press them down gently
- 4) Put the pot on a windowsill or sunny spot
- 5) Watch the cress grow

9) Food guessing games - riddles

Learning objective:

- Develop children's sensory understanding and experience of food

Resources:

- Veggie guessing bag, box, blindfold etc. Sensory food descriptions (made up i.e. yellow, smooth, long, squishy to eat) – some vegetable riddle cards are available on the internet.

Describe how fruits and vegetables look and children have to guess the fruit or vegetable.

Put fruits and veg in a bag or box – children feel and guess which one.

Example:

'I am a vegetable'

'I can be red or green'

'I make a yummy salad'

'I am a...'

NB, Flavour School – a new initiative by Family Food First coming soon!



10) Make a food rainbow collage

Learning objective:

- Children understand the variety of colours in healthy foods and the benefits of eating lots of different colours (a varied diet)

Resources:

- Pictures of food from magazines and the internet with lots of different colours

Make a large rainbow shape by gluing pictures of foods onto large pieces of paper. Make it into a wall display. Parents can be involved i.e. being tasked to send pictures of healthy foods from any magazines.



11) Healthy food shop / meal plan activity



Learning objective:

- Children learn to think actively about what makes a healthy balanced food intake

Resources:

- A basket and plastic food items. Or a plate drawn on a large piece of paper and printed pictures of food. You can make a basket shape on a piece of paper and pin it on a wall (cut holes in it). Children decide which food items should go into the basket or on the plate for a healthy food shop or dinner.

Prize for the healthiest basket or plate i.e. 'healthy eating award' badge.

12) Painting with celery stalks

Learning objectives:

- Children understand the different textures of food items

Resources:

- Celery sticks with leaves, paper, paint

Encourage the use of celery leaves as paintbrushes and create food related paintings with them. Create wall display. Bunch the celery together with an elastic band and cut through it. Dip in paint to make roses.



13) Making healthy food (without a cooker)

Learning objective:

- Children understand how food items become meals and the combination of tastes they can get from combining multiple food items.

Resources:

- Fresh food items, preparation space, hygiene materials, equipment (knives and spatulas etc.), ice lolly moulds, plates for serving. Brush for painted toast.

Recipe ideas:

Home-made Humus

Home-made pizzas with vegetables

Fruit salad making

Healthy Tortilla wraps (veg, cheese, meat)
Frozen Yoghurt pops (2 cups of yogurt mixed with one of chopped fruit)
Rice cake faces
Painted toast (food colouring)

14) Shopping obstacle course

Learning objective:

- Children learn to think actively about what makes a healthy balanced food intake amidst obstacles and challenges

Resources:

- Plastic shopping carts, play food items, index cards, obstacles to go under, over or around (cones, mats to walk on, etc.)

In advance, write the numbers 1, 2 and 3 on several cards. Give the children a card and tell them they need to purchase that many items at the store that is on the other end of the room or playground. However, they need to get past the obstacles to get to the store. Have them follow the course to the "store". Once there, they need to find the number of items as listed on their cards, place the items in a bag and then follow the course back to the beginning. Assess who chose what and praise those choosing healthy food items.

15) Resource gathering for your setting: Class family recipe book, magazine pictures and empty clean food items

Send a note home asking families to send in their favourite healthy family recipe. Put them together to make a Class Family Recipe Book. You could print and sell them for donations towards your nutrition activities.

Ask parents to provide recycling items that could be useful for supermarket and meal planning activities i.e. surplus vegetables that may otherwise go to waste, empty cereal boxes, milk cartons, packaging with relevant food items.

Ask parents to cut out any photos of food items in magazines for wall display and collage activities. Some supermarkets have free food magazines etc.

A prize or stickers could be given to the children who can bring the most.

Other activities with parents: Savoury cake bake off for charity, cultural bring a dish event, picnic in the park. Educational games at stay and plays.

16) Role play kitchen

Learning objective:

- Children use creativity and imagination with food items proactively

Resources:

- A kitchen set or DIY kitchen set (see pinterest for ideas) plastic or real food items and recyclables. Vegetables can also be made with items such as felt and cotton wool.

Create play markets and cooking events with the play kitchen and real / plastic food items and recyclables. Children take it in turns to cook and sell food to each other.



17) Food twister

Learning objective:

- Understand more food items in a fun and interactive way

Resources:

- An old shower curtain or old twister mat, large pictures of coloured food (green fruits and vegetables, yellow grains, blue milk and dairy, red meats), tape / glue, create a spinner or card decks with moves on them (i.e. right arm, leg or left and the food item colours)

Stick down colours / pictures of fruits and vegetables to the shower curtain to create the twister mat.

- Spread out the Twister mat on large, flat floor space. The staff member is the referee.
- The referee will sit off to one side of the mat holding the spinner board or cards to select from. They will call out the moves and monitor the game play.
- The children spread out around the edges of the mat without standing on it or touching it in any way. The game should be played wearing socks.
- The referee spins the spinner on the board or selects from the cards and calls out a body part or a colour. He or she then calls out that specific part and color. For example, if the spinner or card selected is right foot red, the referee will then call out “right foot red” to the other players. All of the children must follow the referee’s instructions at the same time.
- Children must try to place the called-out body part on a food image in the arc of the called-out colour; try to use all of the vacant food images before sharing images with other players
- If a child’s called-out hand or foot is already on a food image in the arc of the called-out colour, he or she must move it to another food image within that same arc.
- No body parts other than a player’s hands and feet are allowed to come in contact with the mat
- Children’s hands and feet are not to be removed from a food image unless directed to by the referee after a spin.
- The four food groups are:
 - Vegetables and Fruit- green arc
 - Grain Products- yellow arc
 - Milk and Alternatives- blue arc
 - Meat and Alternatives- red arc

Optional: after the players have placed their hand or foot on a food image in the arc of the called-out colour, the referee will pick one child to name an example of another food in that particular food group. Each child should challenge himself or herself to not re-use the examples provided by other children throughout the

game. The referee is not allowed to call on the same child two times in a row and should try to pick everyone an equal amount of times throughout the game.

Elimination:

When any body part other than a child's hand or foot comes in contact with the mat, he or she has fallen. This individual is eliminated and must return to the edge of mat to wait until a new game begins.

Winning:

The last child remaining is the winner.



18) Food group hunt - physical activity

Learning objective:

- Children begin to learn the different types of food (dairy, fruits, vegetables, grains, meats / proteins)

Resources:

- Labels of the food groups to be stuck on the wall (dairy, fruits, vegetables, grains, meats / proteins) the labels can also have further pictures to show strong bones, strong muscles, protected from illness, healthy digestion, energy for running etc.);
- Pictures of different food items

The food groups are stationed around the room one per wall or area. Smaller pictures / items are hidden around the room and children must hunt and find them all and put them next to the wall / area with the right food label. You can gather the children throughout the hunt as they find things and also play music whilst they search. Each time the music stops they must look and listen.

19) Food Hokey pokey

Learning objective:

- Children hear and understand healthy messaging on nutrition in a memorable way

Resources:

- Food items or pictures of food items, the hokey pokey song
<https://www.youtube.com/watch?v=0YxD2tsvCWQ>

Children stand around a table and use food items or pictures of food items in the hokey pokey song. They can find the fruit or vegetable matching the words in the song. 'You put your purple fruit in and your purple fruit out.' Mirror actions.

20) Practical food exploration

Learning objective:

- Children become familiar and comfortable with food through handling it creatively

Resources:

- Food items, clean table and chairs, string or other props

Things to make: string necklaces with cereal hoops, jabbing food onto bread sticks i.e. raspberries, grapes etc. Making shapes and faces. Pea pod craft or shelling peas and counting.



For more activity ideas please speak to us about Flavour school!