

# Outcome Report 2017

## Background

The Foodtalk Game has been commissioned by the London Borough of Brent to be integrated into the borough-wide commitment by early years settings towards the Brent Healthy Early Years award.

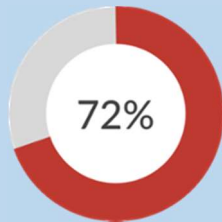


## Participant reach

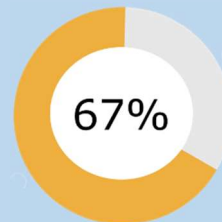
19 settings took part in our research. The game was played by Early Years staff including managers, teachers, children's centre and nursery staff and childminders. Majority of people reported insufficient or no training previously received.



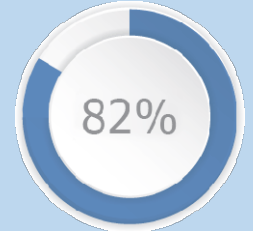
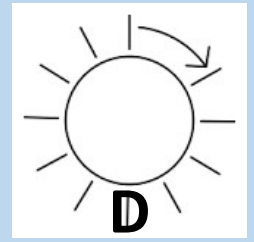
had their knowledge increased



increased confidence on physical activity guidelines



increased confidence on knowledge of food groups



increased confidence in identifying families most at risk of vitamin D deficiency

**86%**



Increased overall confidence in supporting families

**95%**

felt the game met their learning expectations as an educational/training tool

**100%**

would recommend to colleagues

*I played it with a team of 12 people and we loved it! Everyone was so excited and eager to find out what the next question would be. People talked about the answers and shared their opinions/knowledge on various things. The feedback from the staff was great and our action would be to play it with a targeted group of parents.*

Farwood children centre Manager