

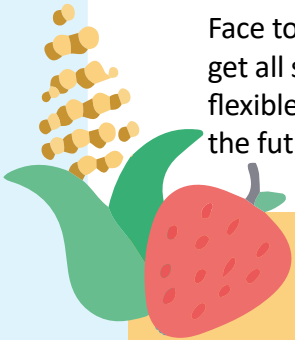
Healthy Early Years Awards - Brent Council

The Foodtalk Game is an educational board game which helps people working with children to improve their knowledge of early years nutrition. It is aligned to the Eat Better, Start Better guidelines and it provides evidence to Ofsted. Teams discuss and answer questions on topics including food groups, selective eating, nutritional considerations such as anaemia and obesity. The discussions also address other healthy habits like exercise and sleep.

The London Borough of Brent has a strong Healthy Schools programme which has recently been extended into early years. The Healthy Early Years award is available to all early years settings, including nurseries, children's centres and childminders, and promoting early years nutrition is a criteria for achievement.

The Problem

Face to face nutrition training for all early years staff is expensive, and it is difficult to get all staff into the same place at the same time. Brent needed a cost-effective and flexible training solution that centres could use to train staff on their own time and in the future when new staff member would join the team.



I played it with a team of 12 staff and we loved it! People talked about the answers and shared their opinions/knowledge. Feedback from staff was great and our action plan is to play it with parents!

- Children's Centre Manager

The Solution

The Foodtalk Game was brought in to train all staff in the basics of early years nutrition, and serve as a qualifying criteria for achieving their Healthy Early Years award.

39

early years staff played the game including managers, teachers, children's centre and nursery staff and childminders

100%

said they would recommend the game to colleagues



86%

increased overall confidence in supporting families



95%

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

Results



78%
had their
knowledge
Increased



72%
increased confidence
on physical activity
guidelines



67%
increased
confidence on
knowledge of
food groups



82%
increased confidence
in identifying families
most at risk of vitamin
D deficiency

The future

Many of the sites plan to play the game with parents to spread the messages more widely and reach families.



The outcomes of our pilot show a positive response to the game and the learning as a result of playing it. I hope that the children's centre staff continue to use it as it makes a great resource and is simple and fun to use!

- Sarah from Brent Public Health Team