



Braeburn Dar es Salaam International School



Healthy Eating Workshop

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WHY ARE WE HAVING THIS WORKSHOP?

- 1. Parents often ask us for advice on food and how to feed their child at home.
- 2. As part of our curriculum we are looking for children to be able to:

Develop their own likes and dislikes of food and drink.

Be willing to try new food textures and tastes.

To feed themselves competently with cutlery.

To drink from an open cup without spilling.

To be able to tell an adult when they are hungry and understand need for variety in food.

To eat a healthy range of foodstuffs regard to exercise, eating, sleeping and hygiene that can contribute to good health.





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SO WHERE DO WE START?
[HTTPS://WWW.HENRY.ORG.UK/](https://www.henry.org.uk/)



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LET'S PLAY A GAME

Work together to sort these pictures into foods that are good for our bodies and those that are not so good.

Are there some foods that you disagreed on? Why?





FS2 have played this game.

How did they do?

Without any teaching, your children knew what foods were good for their bodies and not so good.

Does that surprise you?





The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Public Health England in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland

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PORTION SIZE

We often **overestimate** the amount of food our child needs.

Portion size changes as your child grows so it is important to keep checking the recommended sizes.

Overfeeding your child could lead to weight gain and your child not enjoying their food – finding it an unpleasant experience.

We would never encourage force feeding a child.

It is much better to teach your child to ask for more food if they are still hungry and to understand the feelings of being hungry and satisfied.

Let's have a look at some of these portion sizes I have here and discuss...





Health for
Under 5s

Portion size guide for children under 5



Food	Hand Portion	Guide for 1-2 years	Guide for 3-4 years
Fruit and vegetables 5 a day	Cupped hand 	<ul style="list-style-type: none"> - ¼ apple - ½ clementine - ¼-½ small to medium banana - 4-5 raw veg sticks - 1 tbsp cooked veg 	<ul style="list-style-type: none"> - ½ apple - 1 clementine - ½- 1 small to medium banana - 5-6 raw veg sticks - 2 tbsp cooked veg
Potatoes, bread, rice, pasta, and other starchy foods 3 main meals 1-2 snacks	Clenched fist 	<ul style="list-style-type: none"> - ½ slice of bread/medium chapatti - 1 small potato - 2-3 tbsp of rice/pasta - 3-4 tbsp of cereal 	<ul style="list-style-type: none"> - 1 slice of bread/medium chapatti - 2 small potatoes - 3-4 tbsp of rice/pasta - 4-5 tbsp of cereal
Beans, pulses, fish, eggs, meat and other proteins 2-3 a day	Open palm 	<ul style="list-style-type: none"> - 1-2 tbsp beans, pulses, dahl - ½ -1 tbsp fish - ½ slice of meat (1 tbsp chopped) - ½ egg 	<ul style="list-style-type: none"> - 2-3 tbsp beans, pulses, dahl - 1-1½ tbsp fish - 1 slice of meat (2 tbsp chopped) - 1 egg
Dairy and alternatives 3 a day	Two thumbs 	<ul style="list-style-type: none"> - 1 cup (100ml) - 1-2 sticks hard cheese (1 tbsp grated) - 1 tbsp of plain unsweetened yoghurt 	<ul style="list-style-type: none"> - 1 cup (150ml) - 2 sticks hard cheese (2 tbsp grated) - 2 tbsp of plain unsweetened yoghurt





Mango fool with watermelon fingers



Poached pear with yoghurt and raspberry



Cottage cheese with quartered strawberries, melon and peach fingers



Chopped pears with yoghurt and cooked apple slices



Semolina made with milk, puree prunes and banana fingers



Baked apple with Greek yoghurt and quartered strawberries

Reflect on the quantity of food you give your child in each meal.





ENVIRONMENT

Think about mealtimes in your house.

What do they look like?

Do you consider any of the following:

No distractions (calm music can help)

Having a routine or set mealtimes.

Trying new foods and tastes.

Eating with your child to model good eating habits.

Using mealtimes as a time to chat and talk to your family.

Sitting on chairs around a table.





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LET'S HAVE A LOOK AT THIS PICTURE

What do you think of when you see this image?

What do you think this girl is focusing on?

What skills could she be missing out on?

How does this set up prepare this girl for eating outside of the house?



'Mobile phones should be banned from the dinner table and bedtimes as part of a healthy approach to devices, the UK's four chief medical officers have said...not using phones and mobile devices at the dinner table - talking as a family is very important for development.' BBC News 7.2.19



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INDEPENDENT SKILLS

We want our children to be as independent as possible from as early as possible. How can you encourage this?

- Let them explore foods with their hands from an early age.





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- Encourage them to hold cutlery and feed themselves from an early age - this links to our 'Cultural Capital' aims as a school.
- Encourage your child to drink from an open cup. Drinking WATER is so important for our children to have healthy and hydrated bodies.
- You can always encourage independent eating at the start of a meal followed by adult support in feeding them whilst they are young.



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TOP TIPS!

- Encourage your child to peel their own fruit, take their lids off yogurts, open as much packaging themselves.
- Give your child have a choice of what they want to eat e.g. banana or apple. (Not banana or chocolate!)
- Allow your child be (safely) involved in some of the cooking or preparation e.g. mixing.
- Make eating even more exciting e.g. fruit kebabs rather than a piece of fruit.
- Try having less snacks and more focus on each meal of the day - children respond well to having a routine and knowing when they are going to eat each day.
- Add vegetables into meals so they are not so obvious e.g. grating carrots or courgette into a stew.
- Try not to give attention to food refusal, instead focus on praising them for the food they do eat.
- Alternate the food you give your child e.g. eating the same food every day could become uninteresting for them.





INTERESTING FACTS

- Chewing helps develop the use of **the tongue** by giving it a good workout, which is important for many different speech sounds, e.g. t, d, k and g, as well as speech development. Solid foods help develop and strengthen the jaw, as well as the lips and tongue muscles, which are required for speech.
- Doing other fine motor skills such as digging in sand, painting, using playdough, threading etc. will build muscles in their hands and encourage hand eye coordination which will help them to hold cutlery.
- Children may need to try a food 15 times before developing a taste for it - so don't give up and keep introducing it!
- Being able to hold cutlery at a young age will support fine motor skills when learning to write.
- Child behaviour and food have been found to be closely linked. Studies show that certain foods can cause or at least worsen behavioural **issues**.





DON'T FORGET TO BRUSH YOUR TEETH!



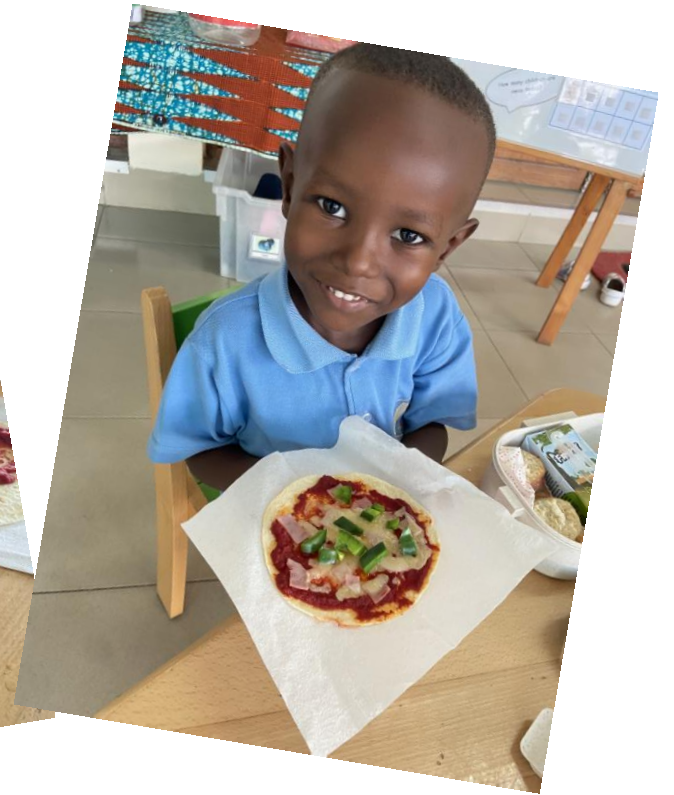
- It is important to brush your child's teeth morning and night to maintain clean, healthy and strong teeth.
- Your child can try brushing themselves and then an adult can support cleaning them.
- Brush for 2 minutes.
- Water down fruit juice to protect your child's teeth from the sugar, as well as limiting soda.

<https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/#:~:text=Parents%20or%20carers%20should%20brush,and%20on%201%20other%20occasion>





Eating can be a joyful, happy experience, a time to enjoy food and share these moments with the people we love. Be patient and good luck!





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Do watch this video at home for more advice

<https://www.youtube.com/watch?v=S0XmKDRxUTE&t=16s>



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HELPFUL WEBSITES

- <https://www.nhs.uk/start4life/toddler/>
- <https://www.henry.org.uk/>
- www.firststepsnutrition.org/eating-well-infants-new-mums
- www.giveuplovingpop.org.uk



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