

Evidence: How does our Healthy Eating Curriculum link to further activities to promote and support the health and wellbeing of our children?

Visting the Allotment

As part of our Healthy Eating initiative, we grow lots of different foods and vegetable at our local allotment. This promotes the children's awareness of healthy foods and their understanding of how food grows. Our allotment is in the village, so children enjoy being active, walking with the grown-ups to visit the allotment. The children's health and wellbeing are also supported by spending lots of time outdoors and connecting with nature through exploring, digging, planting and watering. This activity also supports the children's PSED, as the children feel a real sense of pride and achievement when their hard work pays off and our fruit and vegetables grow for us to take back to nursery to share with our friends.



Snack Time

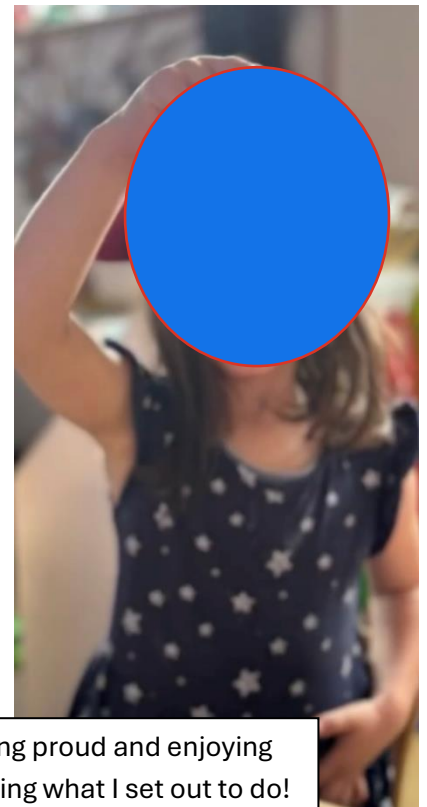
Snack time is an important part of our Healthy Eating Curriculum where the children eat healthy foods and have lots of discussion about healthy foods and personal hygiene through hand washing and minimising germ spread. Snack is offered as free flow at 9am, 13:30pm and 15:30pm and children are invited to sit at snack in small groups but are given the autonomy to listen to their bodies and do not have to sit if they are not feeling hungry. Snack time provides lots of opportunities for discussion around healthy eating. The adult sits with the children whilst they prepare snack together and then children can build their independence by serving themselves at snack time. We also regularly carry out fun activities to spark children's excitement around healthy foods, for example, we may do a fruit kebabs activity at snack time which not only supports healthy eating, but also promotes sharing resources and developing children's fine motor skills.



Exploring using our different senses



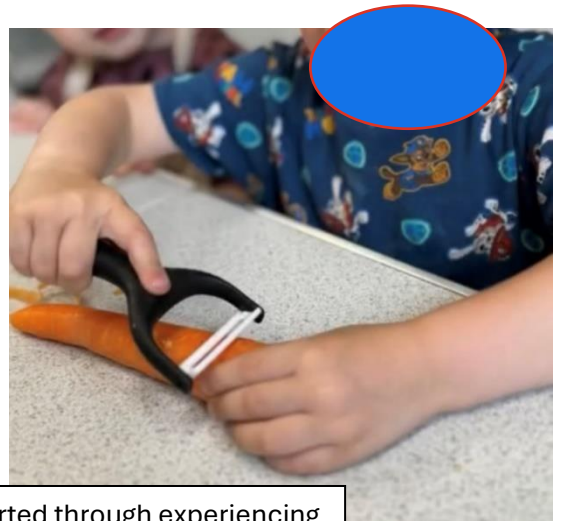
Developing my fine motor skills and learning about using tools safely.



Feeling proud and enjoying achieving what I set out to do!

Little Cooks

Little Cooks is what we call our dedicated cooking activities at nursery. The children are given opportunities to talk about and try different foods, work together to follow a recipe, and try out using different cooking equipment with adult supervision. We aim to have a consistent group of children that attend over each term as this helps to build their confidence around foods and cooking over the term. The children love to share their achievements and meals with families and are given a recipe card to take home so that they can have a go at making the recipe at home with parents and carers, promoting healthy eating at home as well as at nursery.



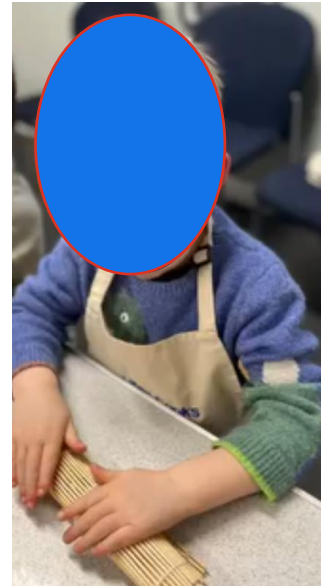
Children's confidence and resilience is supported through experiencing using different equipment and resources. Children gain an understanding of using equipment properly to keep themselves safe.



Children have opportunities to make and try a variety of healthy foods. An example of some of the meals the children have created include sushi, rice paper wraps, quesadillas, fruit pizza to name a few! It is wonderful to see how happy the children are to tell their parents/carers about their cooking experiences and what they have created!



I am learning important social skills, such as sharing resources and turn taking, listening to others, following instructions and asking for help when I need it.



I am learning new skills and learning to persist when things get a little challenging!

Children feel a sense of achievement in their abilities when they have created something to share with their families.

