

HEYL menu workshop 1 for borough leads

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Soil Association Early Years Parent Survey, 2016 contd.

- Provision of healthy food ranked equal to Ofsted rating in terms of factors that were important in the choice of early years setting for their children.
- Confidence in the quality of food provision: 47% parents were only 'quite confident'. Reasons cited for the lack for total confidence were parents not witnessing meals, menus varying from those published and snacks not being as healthy as main meals.



Healthy Early Years London (HEYL)

Bronze audit:

- 3a. *Written food statement includes setting approach to supporting healthy eating*
 - Food statement provided states: *Our food meets the Voluntary food and drink guidelines for Early Years settings in England.*
- 3b. *Any food served meets the Voluntary food and drink guidelines for Early Years settings in England*



Statutory

- EYFS (2017) 3.47: *Where children are provided with meals, snacks and drinks, they must be **healthy, balanced and nutritious**. ... Fresh drinking water must be available and accessible at all times.*
- Proposed Ofsted framework: (personal development) good judgement includes: *Practitioners provide a healthy diet and exercise for children in their care. They give clear messages to children about why it is important to eat, drink, rest and exercise.*



Family child care, infant/toddler or early childhood Environment Rating Scale

- Food served meets nutrition guidelines
- Menus posted for parents
- Allergies posted and food/beverage substitutions made which meet the nutrient contribution of the food/beverage it replaces.



Under 5s need lots of energy



Development

- Children's tummies are small but nutrient needs are high so they need to eat often and little: every 1½ to 3 hours
- Babies are born with under developed organs which develop further during the first few years
- Brain develops from 25% - 85% in the first three years
- Brain needs stimulation, nurturing **and** nutrients!
- Many under 5s are low in some essential nutrients



Sources of iron

- Good sources of iron are:
 - red meat
 - fortified breakfast cereals,
 - wholegrains (such as brown rice)
 - beans and lentils
 - Dark green leafy vegetables (i.e. spinach, curly kale)
 - dried fruit (such as dried apricots, raisins)

Vitamin C helps the absorption of non-haem iron.

Tannin (tea and coffee) and milk (incl. infant formula) blocks the absorption of iron.



Nutrients which can be low in diets of under 5s

Zinc:

- More than 70% of under 5s have lower than recommended intakes of zinc.
- Zinc is needed for wound healing, required by the immune system together with vitamin A. Zinc helps the hormone insulin to control the body's energy.
- Zinc is found in red meat, poultry, milk, whole grain cereals, eggs, nuts and pulses



Fibre

- Is important for a healthy digestive system.
- Some types of fibre can also help to reduce the amount of cholesterol in our blood.
- Lowers risk of heart disease, stroke, type 2 diabetes and bowel cancer.
- As fibre is quite bulky, higher-fibre foods are filling, so they can also help to maintain a healthy weight. However, children under five should not be given high fibre foods such as bran

Children and adults in the UK typically don't get enough fibre.



Sources of fibre

Fibre is found in:

- fruit and vegetables
- wholegrain starchy foods (wholemeal bread, pasta, couscous, wholemeal flour, oats, brown rice) or high fibre versions
- the skin of fruit and vegetables such as potato skin.
- Pulses, beans and lentils.



Sugar

Maximum recommended amount of free sugar per day

Age	Weight	Sugar cubes equivalent
Children under 1	0g	0g
2 – 4	12g	3 sugar cubes
5 – 7	19g	5 sugar cubes
8 – 10		6 sugar cubes
11+ (including adults)		7 sugar cubes

Free sugars are any added sugars including syrup, honey, molasses and sugars in unsweetened fruit juice. Sugar in fresh, dried or stewed fruit is not included.



How much sugar?



Petits Filous
1 x 47 pot

4.6g (1 sugar cube)



Morrisons
pineapple juice
200ml

25.2g (6 sugar cubes)



Bear Yo Yo's Snacking Fruit
20g

8g (2 sugar cube)



Frosties (30g portion)

11g (3 sugar cubes)

2-4 year old child max daily sugar 19g (3 sugar cubes)



FOOD SHOPPING CARD

Check how much fat, sugar and salt is in your food

	Sugars	Fat	Saturates	Salt
HIGH per 100g	Over 22.5g	Over 17.5g	Over 5g	Over 1.5g
MED per 100g	Between 5g and 22.5g	Between 3g and 17.5g	Between 1.5g and 5g	Between 0.3g and 1.5g
LOW per 100g	5g and below	3g and below	1.5g and below	0.3g and below



The amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.



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How to read a food label

Typical values

	100g contains	45g serving contains
Energy	1570kJ	710kJ
Protein	375kcal	170kcal
Carbohydrate	10.3g	4.6g
of which sugars	73.8g	33.2g
of which saturates	15.0g	6.8g
Salt	2.0g	0.9g
of which sodium	0.3g	0.1g
Fibre	8.2g	3.7g
of which soluble	0.2g	0.1g
of which resistant	0.6g	0.3g

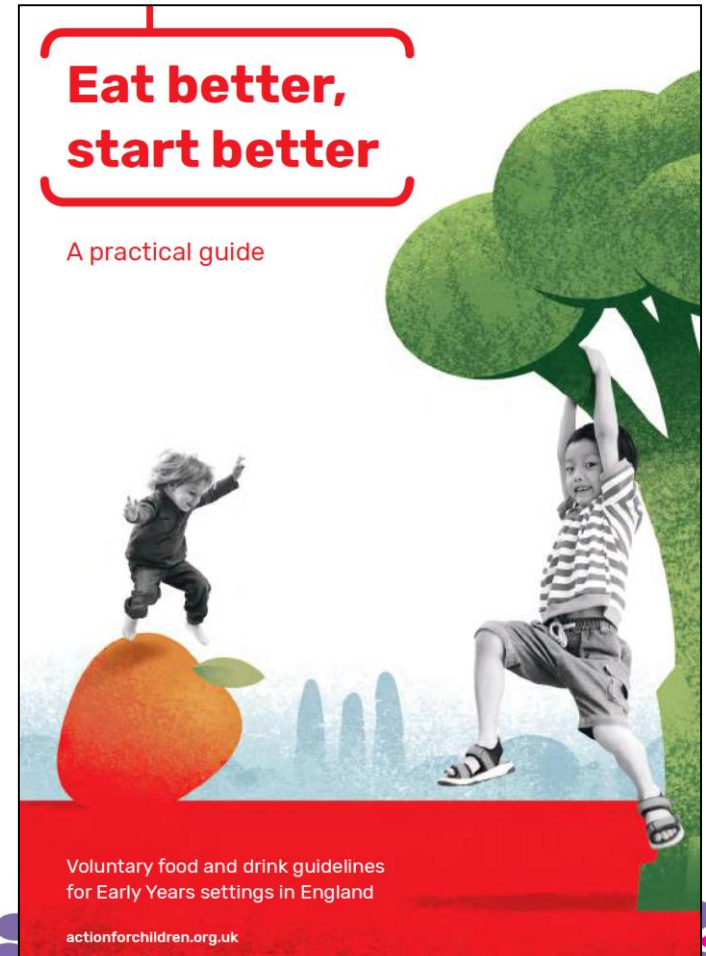
Use the traffic light label to look for foods that are low in sugar, salt or fat. If there is no traffic light label then compare the low, medium and high figures in the **100g column** of the nutrition panel on packaged food.



What is healthy, balanced and nutritious food provision for under 5s?

- Public Health England guidance and example menus
- Action for Children's Eat better, start better guide

To help early years settings to meet the Early Years Foundation Stage welfare requirements for food and drink



Across the day, a menu should provide:

- **5** portions of fruit and vegetables
- **4-5** starchy foods
- **3** milk and dairy options (incl. milk): full-fat up to age 2 (do not provide low fat varieties).
- **2** non-dairy sources of protein foods such as meat, fish, egg, beans, quorn*
- Drinking water should be freely available across the day

Fruit juice should not be served

* Quorn is low in iron.



Breakfast

Should contain:

- A starchy food is provided each day as part of breakfast (three different types across the week):
 - Variety of wholemeal and white starchy food (at least one wholemeal starchy food a week)
- A portion of fruit or vegetable is offered daily
- Appropriate milk is served with cereals
- Choose breakfast cereal with lowest sugar content: **low** or **medium**



Lunches and tea

Lunch and tea should consist of a main course and a dessert. Main course should be made up of:

Starchy foods

- A starchy food is provided each day as part of lunch (three different types across the week)
 - Variety of wholemeal and white starchy food (at least one wholemeal starchy food a week)
- Fried starchy foods no more than once a week
- Canned pasta no more than once a week across lunch and tea



Lunch and tea contd.

Fruit and vegetables:

- At least one portion of fruit and/or vegetable
- A variety served across the week

Protein food:

- A portion of protein food every day and variety across the week (meat, fish and meat alternatives)
- Vegetarian meal for all children once a week
- Oily fish once every three weeks: salmon, sardines, tuna (not tinned tuna) as part of lunch or tea
- Limit the provision of meat products, fish products and meat alternative products to once a week for each type.



7 – 9 months

- Four breastmilk/first infant formula feeds per day

In addition offer 3 meals:

- For 7 – 9 year olds, the foods will be mashed (not pureed) with soft lumps in it
- Finger foods should still be soft and a suitable size for a baby to grab and hold.



10 – 12 months

- Three breastmilk/first infant formula feeds a day

In addition offer three meals a day:

- Food should be minced and chopped rather than mashed and babies should be introduced to some harder foods to get them used to biting and chewing.
- Finger foods should still be provided. Finger foods can consist of raw fruit and vegetables and crunchy and chewy foods, such as raw fruit and vegetables (with any pips and stones removed), starchy foods, such as bread, and other foods such as chopped

beans or cheese



Nuts and seeds

- Peanuts, nuts and sesame seeds are three different allergens
- There are many other seeds apart from sesame (sunflower, pumpkin, chia)
- Nowhere does it say that nuts and seeds should be avoided:
 - Equality
 - Safety
 - Education
 - Nutrition



Workshop 2

- Useful resources
- How to use the audit tool: practice on a menu from your borough / one of your settings
- How does EY guidance differ to school standards

Thursday 23rd May 10am – 12noon

or

Wednesday 19th June 2pm – 4.30pm

