



HEYL menu workshop 1 for borough leads

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Today

- Why healthy food for under 5s?
- What is a balanced, nutritious and healthy diet (EYFS 3.47)
- What does this look like for meals and snacks served across the day







The importance of food provision at EY

Food provision at EY settings has three purposes, it

- 1. stops children from being hungry
- 2. provides the nutrients for the child to be healthy, grow, learn and play
- 3. broadens their tastes







What do parents want?

Soil Association Early Years Parent Survey, 2016

- More than half (57%) of parents said that the quality of food provision was very important in their choice of early years settings. Only 7% said it was of no importance.
- Encouragement of healthy behaviours ranked above Ofsted rating in terms of factors that were important in the choice of early years settings for their children and was second only to 'children seeming happy there'.







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

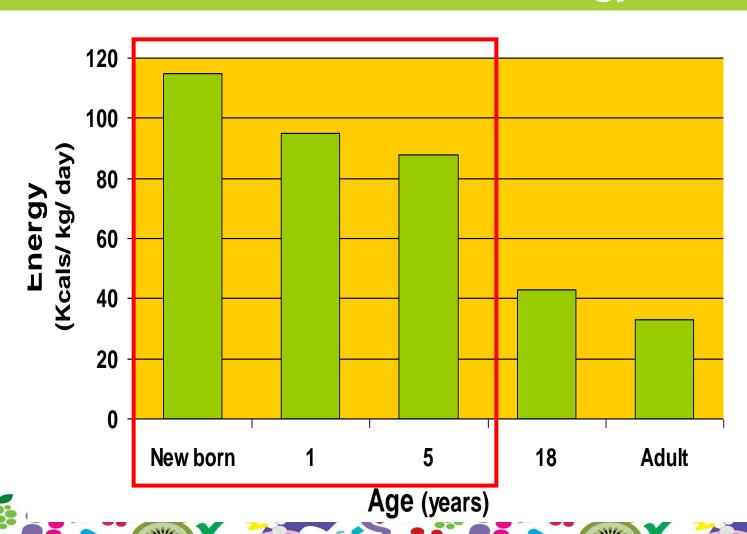
- Food served meets nutrition guidelines
- Menus posted for parents
- Allergies posted and food/beverage substitutions made which meet the nutrient contribution of the food/beverage it replaces.







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







What are the concerns in young children's diets

Iron:

- Iron is needed to transport oxygen in blood. Iron deficiency is anaemia. Low iron can lead to children being tired, lethargic and delayed brain development (this is irreversible).
- 85% of under 5s have iron intakes less than recommended and 12% of 1.5 – 2 year olds are iron deficient anaemic.
- In socioeconomically deprived population anaemia is more than twice as high







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

Vitamin A:

- More than half of under 5s have low vitamin A.
- Vitamin A is helps your body's natural defence against illness and infection (the immune system) to work properly.
- It is also linked to growth, good vision and protects against cell damage, which otherwise could lead to heart disease or cancer.







Good sources of vitamin A

- Liver and liver products
- Eggs, oily fish
- Fortified low-fat spread
- Dairy products: milk, yoghurt, cheese

Fruit and vegetable sources (beta-carotene)

- Yellow, red and green (leafy) vegetables: spinach, carrots, sweet potatoes and red peppers
- Yellow fruit: mango, papaya and apricots.







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





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









How to read a food label

Typical values Energy	100g contains	45g serving
	1570kJ	contain
Protein	375kcal	710k
arbohydrate	10.3g	170kca
f which sugars	73.8g	4.69
	15.0g	33.29
which saturates	2.0g	6.8g
re##	0.3g	0.9g
lium	8.2g	0.1g
equivalent	0.2g	3.7g
bro bas t	0.29	0.19
bre has been determ wideline daily	0.19	

Use the traffic light label to look for foods that are low in sugar, salt or fat. It 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.















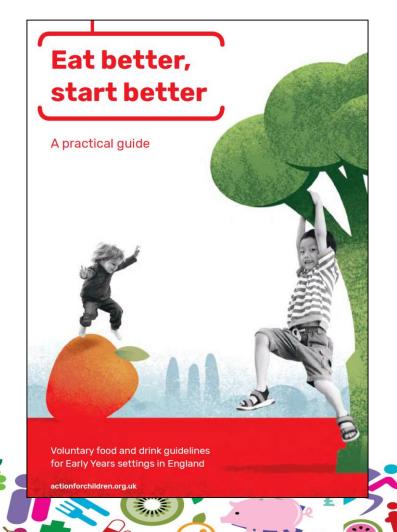




What is healthy, balanced and nutritious food provision for under 5s?

- 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







Menus

- Menu cycle is 1 week to 4 weeks long. Menu is changed 2 – 3 times per year.
- Menu is displayed so that parents can see the food provided
- Menu shows the food provided at breakfast, morning snack, lunchtime, afternoon snack and light afternoon meal (tea)
- Staff provide feedback to parents about how their child ate during the day







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.





serve

Across the day

- Drinks: Tap water should be available throughout the day. At meal and snack times, provide only fresh tap water and plain milk for children to drink. Do not serve any other drink (incl. juice)
- Choose bread and bread products with a lower salt content. Choose those which are labelled as 'low' or 'medium' in salt.
- Limit use of ready made sauces, soups, stocks and gravy, use of condiments such as tomato ketchup, ready made foods
- * Limit is no more than once a week / avoid is do not





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









Snacks

Snack in the morning and the afternoon.

- One snack a day should contain:
 - A starchy food (3 or more different starchy foods across the week)
 - A vegetable or fruit (variety across the week)
- Water or milk should form part of snack
- A variety of snacks should be provided across the week

Juice, dried fruit, biscuits and other sweet items should not form part of snack







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.







Desserts

A dessert should be provided a part of lunch and tea everyday

- For main meal: provide a variety of different dessert each week (e.g. fruit-based, dairy based) and limit cakes and biscuits.
- For light meal: provide fruit and/or yoghurt (avoid cakes and biscuits)
- Limit cakes and biscuits







6-7 months

- Breastmilk/first infant formula to be offered to infants according to their individual routines (as discussed with families).
- In addition offer food at mealtimes:
- For babies 6 7 months, the food provided will be a soft mashed or pureed consistency. Milk or infant formula is used if extra liquid is required to mash
- Meals will contain finger foods which are soft and easy to bite and chew.

Initially, amount of food will be equivalent to a few teaspoons.





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.





beans or cheese

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



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







Useful recipes

From the previous voluntary food and drink guidelines*

 Eat Better Start Better Autumn / winter menu and recipes for early years settings:

http://media.childrensfoodtrust.org.uk/2015/06/CFT_Early-Years-Menu_A-W_Sept-12_Interactive.pdf

 Eat Better Start Better Spring / summer menu and recipes for early years settings

http://media.childrensfoodtrust.org.uk/2015/06/CFT_Early-Years-Menu_S-S_Sept-12_Interactive.pdf

* Remember, juice should now not be served in EY settings!







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

