

Extending children's food experiences



Welcome

- Introductions
- Aim and purpose of the session
- Discussion



Our aims for today

- Give outline training and advice on seasonal activities that connect children to their food
- Help Children engage with food preparation
- Relaying the main nutritional messages to children and then hopefully they will take them back to their families
- Give practical advice on delivering good food, understanding that some HAF providers will be very new to this and with different capabilities and facilities
- Point to further available resources to help with the above



FOOD FOR LIFE

MAKING BRITAIN HEALTHIER THROUGH FOOD

November 2021
Jane Sixsmith, FFL Cooking Skills Trainer

Question

What seasonal activities might we offer to extend the children's food experiences?

Carve oranges and stud with cloves for decorations



Activity ideas with food

Make popcorn, cranberry and bay leaf garlands to decorate the Christmas tree



Decorate craft paper with veg prints for wrapping presents



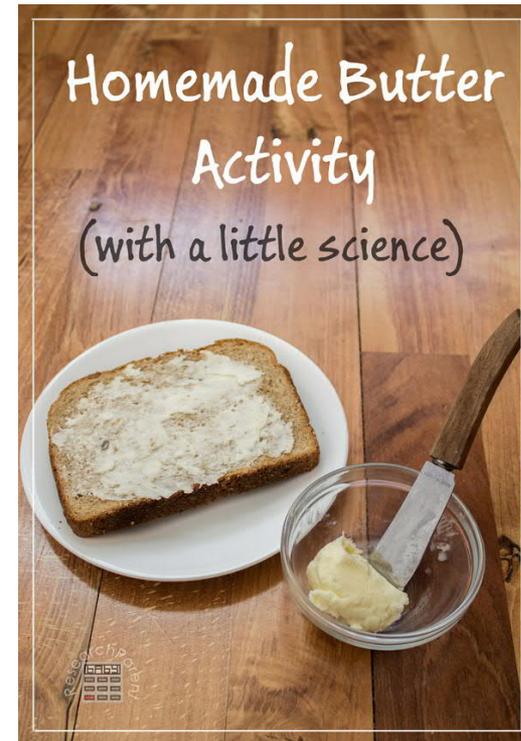
Activity ideas with food



Tie bundles of winter herbs like bay, sage, rosemary and thyme and hang up to dry



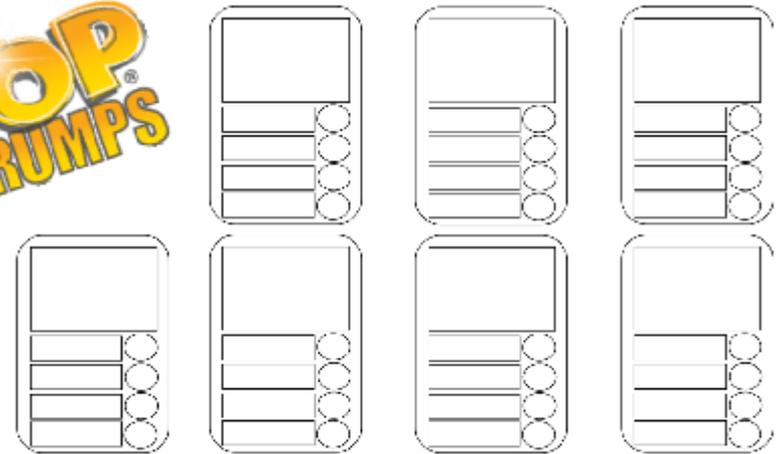
Make butter from scratch then add flavours like herbs, citrus zest and spices



Activity ideas with food



Do some research to gather facts about farming and growing of traditional Christmas and seasonal ingredients.



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Use this info to make a Top Trumps game to play at the dinner table

Question

How can we involve children with food preparation in a safe and engaging way?



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Make their own snack



Home made dips & veg sticks – show how hummus is made and let children choose veg sticks for dipping

Open-topped bagel – toast it, spread with cream cheese or hummus and top with sliced fruit and raw veg



Get them involved in preparing the meal



Engage the group in preparing veg for a seasonal stir-fry or pan of soup. Younger children can use their hands as tools to snap broccoli, tear herbs and pick herbs. Those with more experience can be guided to chop and dice the ingredients using bridge and claw techniques..

Encourage personal choice and trying new foods



Encourage them to 'pick and mix' ingredients and make choices through recipes like twice baked jacket potatoes & layered fruit and oat dessert

Pitch cooking activities to children's level of skill & experience



Preparing potato salad is less of a risk for young children than making coleslaw because cooked potatoes are easier to cut than cabbage & carrots

Plan & risk assess



- Remember the 4Cs of food safety - cleaning, chilling, cooking, avoid cross contamination
- Set expectations and routines for personal hygiene – hand washing, aprons, hair, licking fingers
- Give clear guidance when using knives and sharp equipment
- Manage allergies and tasting activities
- Think about accident prevention – mop up spills, use oven gloves, keep children away from hot surfaces and electric sockets



Question

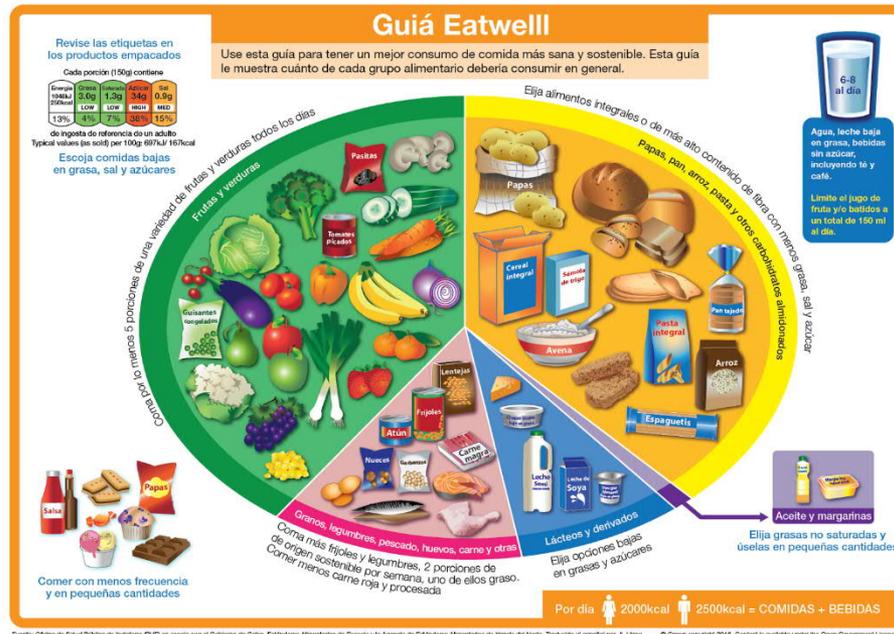
What are the main nutritional messages we want to pass on to children and their families?



Eatwell Guide



Public Health England encourages organisations and individuals to use the Eatwell Guide to make sure everyone receives consistent messages about the balance of foods in a healthy diet.



Link messaging to the food you serve and use in activities



- Fruit and veg included in all meals and snacks
- Pulses such as peas, beans and lentils used in recipes to increase fibre and cut down on the amount of meat used
- No salt offered at the table. Herbs, spices, vinegars & citrus are used to season recipes in place of some salt
- Oily fish used in popular recipes like fishcakes and children encouraged to try
- Drinking water available with meals and offered regularly throughout the day
- Portion sizes are appropriate for age and discussed as part of 'table chat'

