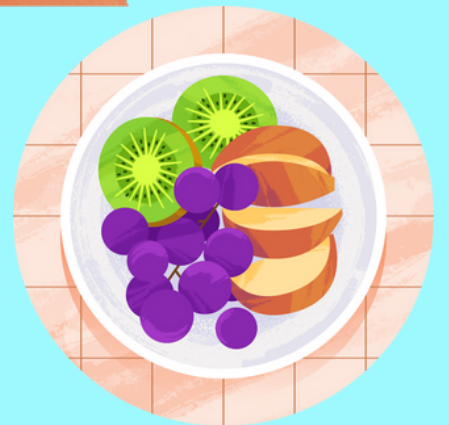
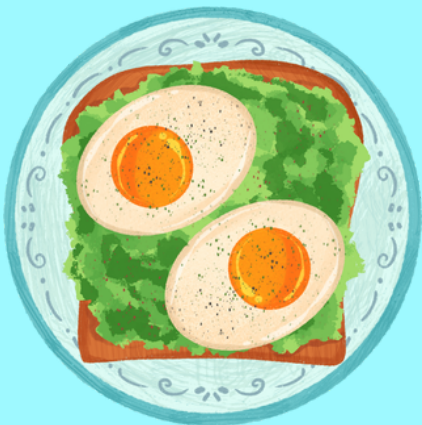
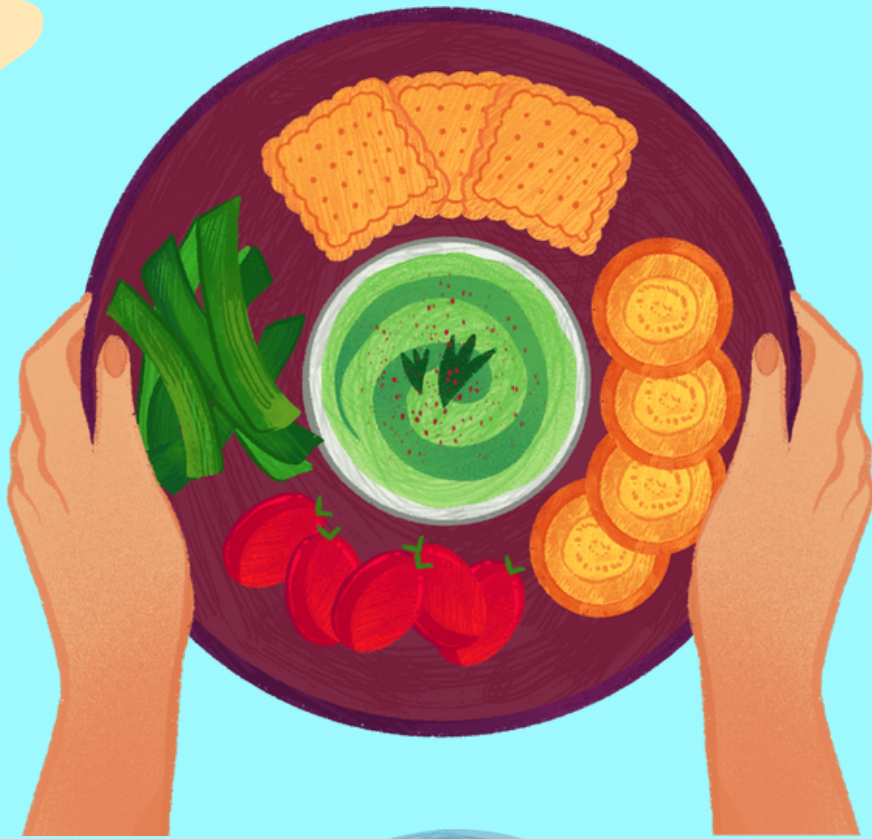
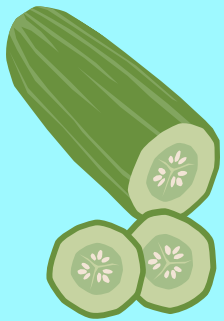


A parent's guide to

HEALTHY

EATING



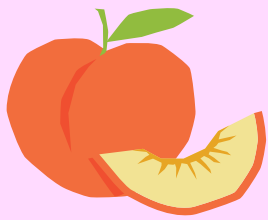
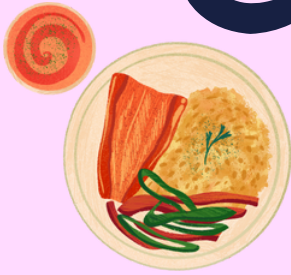


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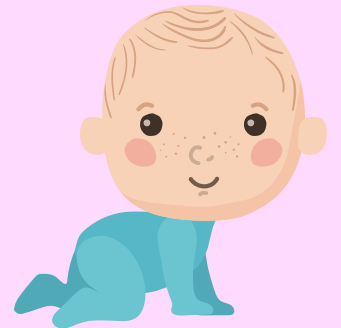
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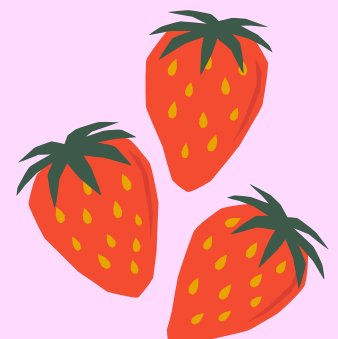
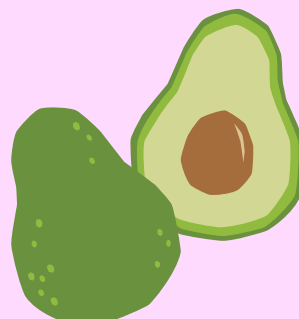
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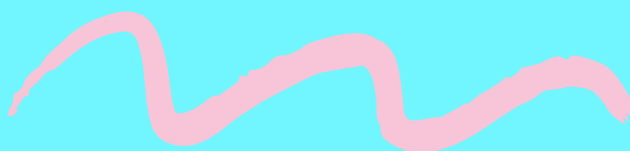
what is HEALTHY EATING?



'Healthy eating' is such a broad term, and is spoken about continuously, but what does it actually mean?

To put it simply, similar to a car, our bodies are machines that require fuel to function and to work efficiently. If we put the wrong fuel in to our bodies, we are not going to function so well. If you have ever accidentally put diesel in a petrol car, you will know what we mean!

As human's, biologically we need certain nutrients and energy to keep functioning properly and maintain a healthy immune system to fight off illnesses. Nutrients and energy all come from our food and drink. Without consuming the nutrients we need, we will feel tired, sluggish and run down. The most important nutrients include protein, fibre, carbohydrates, fat, water, vitamins and minerals.



FOOD GROUPS

02

THE EATWELL PLATE



A quick internet search of the 'eatwell plate' should provide you with various different images of what we are expected to eat as part of our daily diet.

To break it down, we should aim for our plate to be about 1/3 fibre. Fibre is made up of fruits and vegetables such as broccoli, carrots, peas, banana, strawberries, etc. We should be aiming to eat at least 5 portions of different fruits and vegetables a day.

1/3 of our plate should be carbohydrates. Foods rich in carbohydrates include potatoes, rice, wholegrain pasta, oats, etc. Carbohydrates are a great source of energy and also help to fill us up.

The other 1/3 of our plate should be made up of protein, which can be found in meat products such as chicken, beef and lamb, or vegetarian options such as beans, nuts, chickpeas and eggs. We should also be consuming dairy or alternative calcium products such as milk, cheese and yoghurt- opting for lower sugar options where possible. Unsaturated fats and oils should be used sparingly, in small amounts. We will speak more about the benefits of the different food groups in the next couple of pages.

FOOD GROUPS



FRUIT AND VEG

We should be aiming to eat at least 5 portions of fruit and vegetables a day. Simply eating fruit and veg helps to improve our digestion, reduce our risk of cancer and also helps to prevent people from becoming overweight.

CARBOHYDRATES

Carbohydrates are essential nutrients that provide us with energy, support brain health and organ function and helps us regulate blood sugar levels. We should aim to eat wholegrain rather than 'white' options where possible as these are less processed.

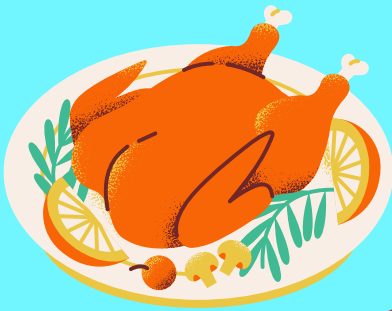


DAIRY

Dairy and low-sugar dairy alternatives fortified with calcium contain essential vitamins help to improve the health of our bones and teeth. To make healthier choices we should be checking the amount of fat, salt and sugar in the dairy products we consume.

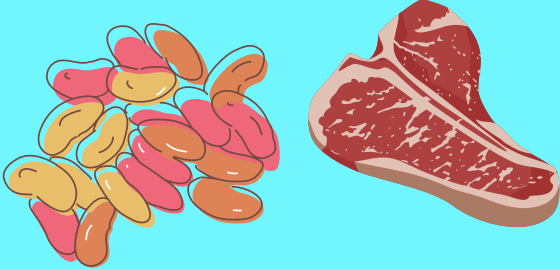


FOOD GROUPS



PROTEIN

Protein is essential to helping to build and repair our body's tissues and muscles. Protein also acts as an energy source and helps maintain our organs, nervous system, blood, skin and hair.

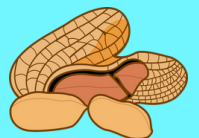
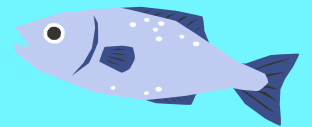


FATS/ SUGARS

A small amount of fat is an essential part of a healthy, balanced diet. If you want to reduce your risk of heart disease, it's best to reduce your overall fat intake and swap saturated fats for unsaturated fats.

Unsaturated fats can be found in foods such as avocados, nuts, olive oil and oily fish. A couple of squares of 80% dark chocolate is also shown to help improve brain function- the key is moderation!

Current guidelines state men should be eating no more than 30g of saturated fats per day, women 20g, and children even less- so we should aim to minimise consuming fatty cuts of meat, cream, ice-cream, and cakes, pastries and biscuits as these can all be high in saturated fat and sugar. Consuming too many foods high in sugar can lead to weight gain, and increase risks of heart disease, diabetes, and can increase the risk of certain cancers, as well as causing tooth decay.





BABIES



Believe it or not, but a mother's diet during pregnancy can have a long-term effect on her baby.

Prior to conceiving, both men and women should have a healthy diet if they wish to start a family. The NHS recommends that a woman should take 400micrograms of folic acid every day- before they are even pregnant, and a daily vitamin D supplement, to ensure a healthy development for their baby.

During pregnancy, these supplements should still be taken and women should eat plenty of green vegetables such as spinach, sprouts and broccoli to help prevent conditions such as spinal bifida in their unborn child.

Women should also avoid alcohol, caffeine, uncooked meats and unpasteurised dairy products whilst pregnant.

Women who are breastfeeding may need a higher caloric intake and will need to eat plenty of calcium rich foods, and ensure they are drinking lots of water to maintain hydration so they are able to produce enough milk for their baby.

The NHS also recommends that babies who are breast-fed are given a daily supplement of vitamin D to make sure they are getting enough- this can be in the form of a drop that is placed on the baby's tongue. Babies who are formula fed are already consuming milk fortified with vitamin D, so they do not need a supplement.

The NHS recommends that a baby exclusively consumes either breast-milk or formula milk until they are six months old. From the age of six months, they can then try the weaning process, where foods are gradually introduced in to their diets.

WHAT IS WEANING?



The traditional weaning process for babies starts when they are six months old. At this point, foods can be introduced and they will still be consuming either breast milk or formula milk until they are at least 12 months old.

The traditional method involves introducing babies to different foods in a pureed form, so babies can learn different tastes and food preferences, with a minimal risk of choking.

They may start out with pureed foods such as banana, sweet potato, broccoli, etc, and then move on to different consistencies, such as mashed foods.

Babies should be introduced to fruits and vegetables first, and foods should be introduced one by one so any foods that may cause an allergic reaction can be identified.

From 8-9 months, babies can be introduced to soft finger foods and be given a wider range of foods with different textures.

From 12 months, finger foods can be introduced as babies usually learn to chew at this age. Cows milk can also be used as a drink.

Another method of weaning which is growing increasingly popular is 'baby-led weaning'. Information on this type of weaning can be found on the Solid Starts website at <https://solidstarts.com/>.

Baby led weaning begins at six months, and babies are given a range of soft finger foods to try one at a time, such as slices of avocado, strawberries and banana, with the idea that children can explore the foods themselves and learn to feed themselves. Critics of this approach claim babies may be more likely to choke with this method of weaning.

WHEN SHOULD WEANING START?



Previously, babies started weaning from between 4 months- 6 months old, usually starting out with baby rice or porridge, however the NHS now recommends that babies should start weaning at 6 months old, as this is when their digestive systems have had time to mature and develop.

It is the decision of the parent/ carer as to whether to start out with weaning their child on pureed foods, or using the baby-led weaning method, and we will speak about both this methods in further detail later on.

When weaning, it is important to **avoid** certain foods. These foods include:

- Honey- Occasionally, honey contains bacteria that can produce toxins in a baby's intestines, leading to infant botulism, which is a very serious illness.

Do not give your child honey until they're over 1 year old. Honey is a sugar, so avoiding it will also help prevent tooth decay.

- Whole nuts and peanuts- these should not be given to children under 5 years old as they could choke on them. Babies can have nuts and peanuts from around 6 months old, as long as they're crushed, ground or a smooth nut or peanut butter. If there is a history of nut allergies within the family it may be best to speak to a GP before introducing nut butter.
- Babies and young children should not eat mould-ripened cheeses as there's a higher risk that these cheeses might carry a bacteria called listeria.
- Other foods to avoid include foods high in salt, sugar and saturated fat, raw and lightly cooked eggs, rice drinks, raw jelly cubes, raw shellfish, shark, swordfish and marlin.



PUREE OR BABY LED?



According to Solid Starts, healthy, full-term babies are developmentally ready to start eating solid food around 6 months old, however there is conflicting guidance on how to start your baby on solids. The main options regarding weaning, are to either feed your baby purees, or try the baby led weaning method where your child picks up solid food items, such as a banana, and feeds themselves, or a mixture of the two.

The NHS states: giving your baby a variety of foods, alongside breast or formula milk, from around 6 months of age will help set your child up for a lifetime of healthier eating.

Gradually, you'll be able to increase the amount and variety of food your baby eats until they can eat the same foods as the rest of the family, in smaller portions.

If your baby was born prematurely, ask your health visitor or GP for advice on when to start introducing solid foods.

Signs your baby is ready for weaning include:

- Being able to stay in a sitting position and hold their head steady
- co-ordinate their eyes, hands and mouth so they can look at the food, pick it up and put it in their mouth by themselves
- swallow food (rather than spit it back out)

Pros of puree feeding

- It can be easier to know what your baby is eating
- Spoon feeding is usually cleaner, with less mess made!
- Arguably, babies have less of a chance of choking with puree feeding

Cons of puree feeding

- Pre-made baby foods can sometimes contain unwanted ingredients
- Children consuming purees do not have the chance to experiment with texture



PUREE OR BABY LED? PT 2



Pros of baby led weaning

- Baby led weaning often saves time and money, as parents can often give their baby a whole food from a family meal, such as broccoli.
- Baby led weaning encourages motor skills development, and hand-eye coordination, as babies learn to pick up their food and eat it.
- Babies are less likely to be fussy eaters and learn the different tastes and textures of whole foods- which may improve their diet quality and nutritional intake long term.

Cons of baby led weaning

- Mealtimes can be messy! Be prepared for food to be smeared over the highchair, flung across the table and on the floor, and congealed in to hair!
- It can be difficult to know how much a baby is eating, as most of it may end up on the floor.

- It can take your baby a while to figure out how to self feed. Certain foods may make them gag, which can be worrying if you have not experienced your baby gagging before, and it can often feel like there is a lot of food waste.

Prior to weaning, a baby gets most of their energy from breast milk or formula feeding. Breast milk and formula provide babies with all the essential vitamins and nutrients they need up until the age of six months (although a Vitamin D supplement is recommended for breast feeding babies). Generally, if a baby is bottle fed, you can expect a baby to have around 5-6 bottle feeds per day. This may be more or less for a breast feeding baby. It is recommended babies continue to bottle feed until they are 12 months old, and breast feeding is recommended by the WHO (World Health Organisation) to be done up to 2 years and beyond, alongside solids.

NUTRITIONAL REQUIREMENTS FOR CHILDREN

Age 1-2

Children at this age need three meals per day plus nutritional snacks. They should consume no more than 400ml of milk per day, and should have at least five portions of fruit and vegetables per day. They should be consuming full-fat milk and dairy products and take a daily vitamin D supplement. They should also be consuming approximately 1000 calories per day.



Age 2-3

Children need three meals per day plus additional snacks. Semi-skimmed milk should now be offered and milk consumption should be no more than 350ml a day. Children should continue having at least five portions of fruit and vegetables and a daily vitamin D supplement, and they should be consuming around 1,230 calories per day.



Age 3-5

Children at this age also need three meals per day plus additional snacks. Milk consumption should be no more than 300ml a day. A vitamin D supplement is still required and salt in foods should be restricted to 2-3g per day. Children at this age should continue consuming 5 portions of fruits and vegetables per day and their approximate energy requirement in calories is 1,480 calories per day.



Age 5-7

Children at this age need to consume approximately 1,600 calories. They need three meals per day plus additional snacks. Salt in foods should be restricted to 3g, and they should continue to have five portions of fruit and vegetables per day.

Foods to avoid

These include ready to drink cartons of squash or juice, artificially sweetened drinks, caffeine, ready-meals and takeaway meals as these are high in salt and fat, crisps that are high in salt and bran cereals as these fill children up too quickly. Foods high in sugar such as sweets, cakes and biscuits should also be avoided as these do not provide us with adequate nutrition and can lead to weight gain and tooth decay.



WHAT YOU CAN DO



As a parent it can be a minefield knowing what to feed your child, or how to get them to try different foods, especially if they are a fussy eater, however there are some things you can do to help your child make healthier food choices.

- Use the 'eatwell plate' as a guide-print one off and stick this on your fridge if you have to, to help with portioning up meals for yourself and the family.
- Give your child a wide range of fruit and vegetables. They may not like carrots, but you could try pureeing them in to a bolognise sauce, or trying different coloured carrots- such as orange, yellow and purple- to see if colour makes a difference!
- Speak to your child's key person about how they eat at their nursery setting, compared to how they eat at home. Are they given unhealthier snack choices at home?
- Some great resources can help you to understand 'healthy eating' in further detail. I would recommend checking out the 'Solid Starts' website (as mentioned previously), reading the Annabel Karmel books- such as 'What to Feed When?', and checking out 'What to feed young children' on the NHS website.
- If you have any concerns about your child's weight/ food requirements, you could book an appointment with your GP or child's health visitor. The information in this booklet is very broad and your child may have needs specific to them.
- Speak to your child about the foods they are eating, and how the different food groups help us to develop and grow big and strong!
- Set healthy examples. Don't eat a packet of crisps in front of your child if you have told them they can't have any!

WHAT WE DO



At Kamelia Kids, we ensure we give our children healthy, nutritious and balanced meals.

We work in partnership with 'Zebedees' who provide our lunch, dessert and afternoon tea menus. Zebedees are a catering company that specifically work with nurseries to provide healthy meals. If you are interested in the work they do, you can watch a YouTube video at:

<https://youtu.be/q09Ap2Azkt4>.

Parents can ask for a sample Zebedees menu, so they can see exactly the type of menu their child is consuming. The foods Zebedees provide contain all the key food groups needed to help our children develop in to healthy and happy adults.



We also recently hosted a healthy eating workshop, with baby & child nutritionist Charlotte Stirling-Reed. Charlotte has a very popular website and Instagram account, for anyone looking to gain further information. This can be found by searching 'SRNutrition' on Instagram, or online at <https://www.srnutrition.co.uk/>.



We work with all of our children to teach them the importance of healthy eating and we have recently employed a Nursery Cook, the lovely Sarah, who has been holding cooking sessions with our children and teaching them the importance of healthy eating. Some of our children have recently made their own smashed avocado, fruit skewers, and they have helped make their own tea!

WHAT THE EYFS SAYS

The Early Years Foundation Stage (EYFS) sets the standards that all early years providers must meet to ensure that children learn and develop well and are kept healthy and safe.

The EYFS states: ' Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. '

Children should be able to manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious. Before a child is admitted to the setting the provider must also obtain information about any special dietary requirements, preferences and food allergies that the child has, and any special health requirements. Fresh drinking water must be available and accessible to children at all times. Providers must record and act on information from parents and carers about a child's dietary needs.

In addition, section 4 of 'Example menus for early years settings in England' (see below for link) includes guidance on menu planning, food safety, managing food allergies and reading food labels, which staff preparing food will find helpful in ensuring that children are kept safe.

<https://www.gov.uk/government/publications/example-menus-for-early-years-settings-in-england>

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