

Food can be Fun

Aims to introduce the value and concepts of why food is an important tool to develop children's creativity and learning, including its nutritional values. It provides ideas and opportunities to engage young children with food and encourages the use of different mediums to explore colour, texture, shape and form. It will include a fresh approach to how activities with food can link to on-going themes and also links to the Birth to Three Framework. Practitioners will take away lots of fun, practical ideas to adapt and work within their settings.

Summary of course outline:

- Law / Ofsted Standards
 - Every Child Matters – Being Healthy; Enjoying and Achieving; Making a positive contribution
- Birth to Three framework – links all the way through the session
- Health and safety / Allergies
- Culture
- Good Practice – finding a voice / communication
- Sensory development using food
- Fruit and Vegetable scheme
- Recipes and Fun activities

And lots more....

Over a full day session issues such as childhood obesity eating disorders and nutrition is covered in more detail.

There is also a separate course running which looks at cooking through stories details can be provided if required. Parts of this course can be included and mixed and matched with this one if needed.