



Services for Young Children

Blog article

Children's Food Trust Resources to Promote Healthy Eating

The 'Foundation Years' have produced some useful resources to support early years professionals to promote healthy eating for children. These will support personal development, behaviour and welfare aspect of the Common Inspection Framework (CIF).

Promoting and supporting healthy eating in Early Years settings

Ofsted's new Common Inspection Framework includes a judgment on personal development, behaviour and welfare. As part of reaching this judgment, inspectors will look at the extent to which Early Years settings successfully support and encourage children and their parents/carers to gain "*knowledge of how to keep themselves healthy,*" and "*evidence of a whole setting approach to healthy eating*". This best practice guidance has been developed in partnership with 4children to help Early Years settings adopt and demonstrate a whole setting approach to healthy eating.

<http://www.foundationyears.org.uk/files/2015/11/CFT-Early-Years-Promoting-Supporting-Healthy-Eating-FINAL.pdf>

Producing and sharing allergen information

This factsheet explains the new allergen labelling requirements, which were introduced in December 2014. It outlines the changes and provides information about how Early Years settings can meet them.

<http://www.foundationyears.org.uk/files/2015/11/CFT-Early-Years-Allergen-Factsheet-FINAL.pdf>

Catering for special dietary requirements

This factsheet outlines the legal requirements and best practice for Early Years settings when providing food and drinks for children with allergies, intolerances and other special dietary requirements.

<http://www.foundationyears.org.uk/files/2015/11/CFT-Early-Years-Special-diets-Factsheet-FINAL.pdf>

You can sign up to receive updates directly from Foundation Years by accessing the following link

<http://www.foundationyears.org.uk/>