

HEALTHY HEROES



Early Years Toolkit 2-5 years



Contents of Early Years Healthy Heroes Toolkit

<p>Healthy Eating and Oral Health Challenge Cards</p> <p>PDF versions of following Challenge Cards:</p> <ol style="list-style-type: none"> 1. Eat Breakfast 2. Eat at least 5 A DAY including 5 A DAY Challenge Chart 3. Eat Healthy Snacks 4. Drink Plenty of Water 5. Love Cooking 6. Eat Regular Meals Together 7. Try New Foods 8. Go Shopping 9. Grow their Own 10. Brush their Teeth 	<p>Physical Activity and Sleep Challenge Cards</p> <p>PDF versions of following Challenge Cards:</p> <ol style="list-style-type: none"> 11. Get Active with their Families 12. Love Going for a Walk 13. Go to the Park 14. Go for a Picnic 15. Play Outdoors 16. Help at Home 17. Move to Music and Rhymes 18. Get Plenty of Sleep
<p>Recipes</p> <p>PDF versions of 25 family friendly recipes ideas for mealtimes, snacks and celebrations suitable from the age of 6 months</p>	<p>Songs and Rhymes</p> <p>PDF version of the 12 songs and rhymes to use with families and children.</p>
<p>Posters</p> <p>PDF versions available to download of eighteen posters to support each Challenge Card:</p> <div style="display: flex; justify-content: space-between;"> <ol style="list-style-type: none"> 1. Eat Breakfast 2. Eat at least 5 A DAY 3. Eat Healthy Snacks 4. Drink Plenty of Water 5. Love Cooking 6. Eat Regular Meals Together 7. Try New Foods 8. Go Shopping 9. Grow their Own <ol style="list-style-type: none"> 10. Brush their Teeth 11. Get Active with their Families 12. Love Going for a Walk 13. Go to the Park 14. Go for a Picnic 15. Play Outdoors 16. Help at Home 17. Move to Music and Rhymes 18. Get Plenty of Sleep </div>	
<p>Lily Pad Tool</p> <p>Settings may wish to print off the lily pad to collect ten Freddie's Challenge stickers</p>	<p>Parent Information Leaflet</p> <p>Use this leaflet to inform families about Healthy Heroes before you start the project</p>
<p>Certificates</p> <p>PDF versions of:</p> <ul style="list-style-type: none"> - Achievement Certificate - Pledge Certificate 	<p>Evaluation tools</p> <p>Printable versions of a range of evaluation tools:</p> <ul style="list-style-type: none"> - Early Years Healthy Heroes Family Pledges - Our Healthy Heroes Journey - Family Survey - Our Healthy Heroes Journey Commentary - Practitioner's Reflection Tool - What have you learnt today tool?



Session Plan 10: FRUIT AND VEGETABLE WIGGLE

SUPPORTS CHALLENGE CARD:

- ✓ Healthy Heroes Eat At Least 5 A DAY

Also supports Challenge Cards:

- ✓ Move to music and rhymes
- ✓ Eat Breakfast

- ✓ Eat Healthy Snacks

- ✓ Try New Foods

EYFS Early Learning Goals

- ✓ 2.3-5, 2.7-5

Links:

- ✓ 3.1-3
- ✓ 7.5-8

Session adaptability:

Families, children aged 2+ years, 1:1. This activity is nice run as a whole group

Learning outcomes for children:

- Begin to understand the importance of eating 5 A DAY
- Encourage children to learn about different fruits and vegetables
- Children beginning to recognise rhyme and rhythm and move appropriately

Opportunities for extension/differentiation:

- Ensure children who need extra support are sat next to an adult
- Play fruit and vegetable stepping stones, place the pictures on the floor and get children to move in a variety of ways to the next fruit/vegetable. Get them to shout out which fruit/vegetable they are stepping on.

Learning outcomes for families:

- Introduce the benefits of eating at least 5 A DAY
- Help children and families learn the names of a variety of fruit and vegetables

Home Learning links:

- Encourage families to try to eat some fruit and vegetable at every meal
- Allow children to choose their favourite fruit/vegetable while out shopping and get them to help prepare it

Key Messages:

- Eat 5 A DAY
- Try and include one of your 5 A DAY with each meal
- Aim to eat a variety of fruit and vegetables
- Learn about where different fruits and vegetables come from
- Fruit juice, tinned fruit and dried fruit should only be eaten at mealtimes as they contain sugars that can cause tooth decay

Resources:

- Music
- Large pictures of fruit and vegetables

Preparation:

- Clear some space for the children to move, dance and wiggle
- Prepare your pictures or get the children to colour in images



Session plan/suggested activities:

- Get children and families to clap out the rhythm as they say different fruit and vegetable names. Children wiggle their bodies, hands, arms, and legs to the rhythm.
- Try grouping the foods into those that are red, then green and practise the colours and name of them.
- Look at the variety of foods available and discuss ideas for making a healthy breakfast or healthy snack.
- Put on music and create actions for each item and ask the children to do these when they are called.
- Having children learn the 'Harvest Samba' and encourage movement and actions to the song as well as recognising different vegetables.
- Chanting the initial sounds of the items and linking this to phonic will help the recognition. Again, link this to movements where possible.

HEALTHY HEROES



EAT AT LEAST 5 A DAY

Eating 5 different kinds
of fruit and vegetables every day gives
us fibre, vitamins and minerals
to keep us healthy.



Eat
at least
5 A DAY every
day this
week

Fruit and Veggie Facts

1. A portion of fruit or vegetables is about one handful.
2. Fresh, frozen, canned, 100% pure fruit juice and dried fruit and vegetables count towards our 5 A DAY.
3. To keep teeth healthy keep dried fruit and 100% pure fruit juice to meal times only.
4. Eat at least one portion of fruit or vegetable with each meal.
5. A 150ml drink of 100% pure fruit juice can count as a maximum of one of our 5 A DAY. Remember to dilute 1 part juice to 10 parts water and keep to mealtimes only.

Freddie's Challenge...



Lancashire
County Council








change
4 life
Eat well Move more Live longer

How Many Have You Tried?



Add a little extra..

-  Add fruit to porridge or cereal
-  Add pureed vegetables to soups and sauces
-  Add vegetables to stews and casseroles
-  Add chopped or pureed fruit to natural yoghurt
-  Add a small piece of unfamiliar vegetable to your child's plate until they get used to it and will eat a full portion



Healthy Heroes Recipes Contents Page



Breakfast

- Porridge
- Mini Pancakes
- Carrot and Raisin mini pancakes
- Overnight Oats
- Other Breakfast ideas

Meals

- Homemade Fish Fingers
- Pasta Sauce
- Spaghetti Bolognese
- Lentil Lasagne
- Vegetable Pinchilla's
- Sausage and Mash
- Pizza
- Chickpea Biryani
- Jollof rice
- Vegetarian Chilli
- Sandwiches
- Tuna and Pea Pasta
- Carrot and Coriander Soup

Snacks

- Banana Bread
- Apple and Banana Muffins
- Rainbow fruit salad
- Scones
- Dips and Dunkers
- Other snack ideas

Celebrations

- Tips
- Fun food ideas
- Orange biscuits
- Gingerbread Men
- Orange and Raisin milk pudding

