

# Health Professionals

The Foodtalk Game is an educational board game which helps people working with children to improve their knowledge of early years nutrition. It is aligned to the Eat Better, Start Better guidelines. Teams discuss and answer questions on topics including food groups, selective eating, nutritional considerations such as anaemia and obesity. The discussions also address other healthy habits like exercise and sleep.

Tejal works in the local public health team as a public health nutritionist providing healthy eating support for early years practitioners in nurseries, children's centres, schools and childminders. She delivers face-to-face training and support in early years settings to help them provide healthy food.

## The Problem

Tejal wanted to make her training more interactive, and also to build in some flexibility for staff who were unable to attend her training sessions.

## The Solution

Tejal uses the question cards from the Foodtalk Game in her workshops to increase engagement, stimulate discussion about nutrition and ensure messages stick.



*I think this is a lovely way to learn and would be really good to play with other Health Visitors, they may already know some of the information but it is a really good refresher and a way to get them talking*

- Health Visitor, Barnet

## The Future

Tejal plans to survey other health professionals, such as Health Visitors, School Nurses or Community Nursery Nurses, to find out which areas of nutrition they would like more information on. She then plans to select specific questions from The Foodtalk Game to provide "bite-sized" targeted training on the required areas.

*The Food Talk game really makes it easier to raise awareness of good nutrition for children. Early years practitioners have an important role in promoting healthy lifestyles and healthy eating. Staff say that the topic cards are a great way of beginning conversations with parents about providing healthier food and drinks as snacks and in packed lunches. Staff feel more confident about discussing challenging topics such as portion sizes and fussy eating and can use the game as a basis for food based play and parent-child group activities.*

*The game itself comes in an easy to use format with little need for instructions. All the information is based on evidence based sources of good nutrition practice in early years.*

- Tejal

