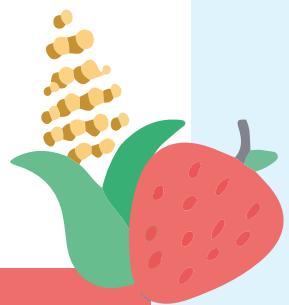
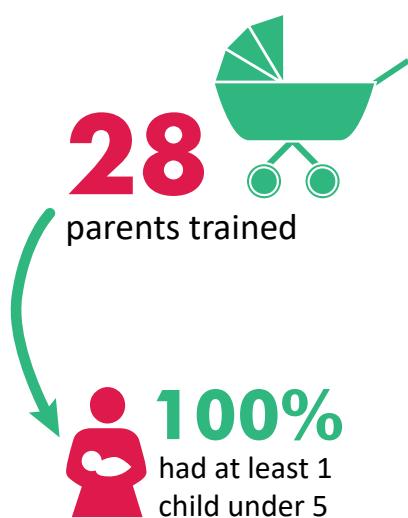


# Parent Training Report

The Foodtalk Game is an educational board game which helps people working with children to improve their knowledge of early years nutrition. 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.

This study looked at using The Foodtalk Game to train parents as early years nutrition "champions" So they could become competent and equipped to share their knowledge with other parents and families.



**100%**  
showed an increase  
in Early Years  
nutrition knowledge

  
**Most likely to share  
information through:**



informal talks with  
other parents or  
during parent  
groups

**100%**  
felt confident in advising families  
on Early Years nutrition after  
training



**89%**  
would recommend  
Foodtalk Game to  
other parents



## Methods

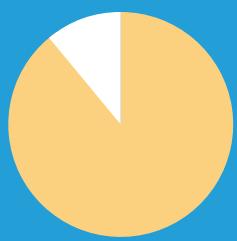
Parents were recruited through Children's Centres in Hertfordshire. All parents were asked to play the game for 1 hour and complete pre and post game questionnaires measuring confidence, knowledge and intention to relay what they had learned to other parents. Basic demographic information was also collected.

## Reach

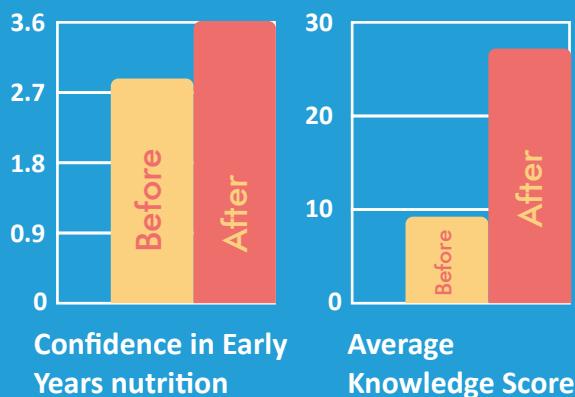
28 parents across 5 children's centres were trained using the Foodtalk Game. All participants had at least 1 child under the age of 5.

## Conclusion

This study demonstrates that the Foodtalk Game is an effective way of delivering early years nutrition training to parents. The increased confidence in advising other parents and the high likelihood of sharing the knowledge with other parents suggests knowledge will reach beyond the initial participants.



**89%** felt the game was user-friendly and would recommend it to others



For more information on how to develop an early years parent champion scheme in your local area please contact [info@foodtalk.org.uk](mailto:info@foodtalk.org.uk)