

Nurseries Case Study

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 and supports OFSTED common inspection framework for early years. 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.

The Problem

The Grove is a private nursery in London. The manager was aware that nutrition was a priority for parents, and although the nursery menu is healthy and diverse, she was also aware that her staff had no training in how to support the children's nutrition or support fussy eaters. She also felt that she wanted to do more to show that the nursery was meeting the health and wellbeing requirements of the Ofsted Common Assessment Framework.



Low training budget



Lack of time



Regular turnover of staff

The Solution

The Grove's manager bought The Foodtalk Game to play during a staff inset day. Staff increased their knowledge and confidence in Early Years Nutrition, and commented on how they appreciated the interactive style of learning and enjoyed the competitive nature of the game.



Certificates to show that staff have completed Foodtalk Game training are now displayed to parents on the wall.



Training reports have been completed and added to the nursery's Ofsted binder.

Thank you so much, learnt new information and helped me a lot, I really enjoyed this game - 10/10

- Nursery Member of Staff

The Future

When new staff join, they will also play the game, ensuring all staff are trained at no extra cost.

To be honest, before this game I never really saw the children's eating as part of my role. I now realise that I can actually have a big impact on what the children eat and I will be more aware of what I can do to support them.

- Nursery Member of Staff