

# NURTURING HEALTHY BEGINNINGS

## Nutrition in Early Years: Principles, Policy and Practice



### **A FREE IN-PERSON, ONE DAY COURSE FOR THOSE WORKING IN EARLY YEARS SETTINGS**

An engaging, full-day course exploring how food and nutrition can nurture children's growth, learning and wellbeing.

Learn how to apply the latest DfE EYFS nutrition guidance and create positive food environments that help children build healthy eating habits from the very start.

Through expert-led sessions and hands-on activities, delegates will gain knowledge, confidence and practical tools to strengthen food provision and policy in their setting, while supporting families to make lasting healthy choices.

Attendees will:

- Understand how diet impacts growth, learning and development in the early years.
- Gain a clear knowledge of the DfE EYFS nutrition guidance for all types of provision.
- Explore practical ways to promote healthy eating behaviours throughout the day.
- Access resources to review and monitor food policies and provision.
- Build confidence in engaging parents and carers on food and nutrition.

Course offers attendees an  
**Association for Nutrition (AfN) Certificate in  
Introductory Nutrition Essentials in Health and Social Care.**



**Saturday 10th January 2025 (9.30–4pm)**

Please book via:

**<https://educationservices.oxfordshire.gov.uk/Event/283622>**