

## HAF Nutritional Education Ideas

HAF Framework of Standards:

- An element of nutritional awareness raising should be offered daily aimed at improving the knowledge and awareness of healthy eating for children.
- Advice on how to source, prepare and cook nutritious and low-cost food should be made available to parents and carers.

We have developed a range of ideas to support HAF providers with meeting the above HAF requirements. You will notice that we have ordered the document by the different types of play that children may engage in. Further information about Play Types, developed by Bob Hughes, can be found in the Playwork – Creating Quality document please contact the HAF Team for a copy.

### Snack Time



Snack time is a great opportunity to support children's involvement in food education. Do not underestimate the power of discussion whilst children and adults sit together to enjoy their snacks. Here are some snack suggestions:

Rainbow Fruit Kebabs:  
[Rainbow fruit skewers recipe](#) | [BBC Good Food](#)

Homemade Hummus:  
<https://www.bbcgoodfood.com/recipes/hummus-snack-packs>

Pesto Egg Muffin bites:  
<https://www.bbcgoodfood.com/recipes/pesto-egg-muffin-bites>

Turkey and Pepper Pittas  
<https://www.bbcgoodfood.com/recipes/turkey-pepper-pittas>

Spiced Apple Crisps  
<https://www.bbcgoodfood.com/recipes/spiced-apple-crisps>

Chicken Nuggets [Proper chicken nuggets](#) | [Jamie Oliver recipes](#)

Other ideas:  
<https://www.bbcgoodfood.com/recipes/collection/snacks-kids-recipes>



Play is a child's superpower! Therefore introducing fun food activities is a great way to promote the educational requirements of the HAF programme. Here are some ideas that also promote some of the 16 Play Types.

## Creative Play

**Fruit and Vegetable Printing:** Using fruit and vegetables to print with and make patterns. This can be extended through discussions with the children and observing the different patterns the fruits might print.

**Activities at home:** Children can grow their own fruit and vegetables using food scraps. Further information can be found here: [Regrow 8 Kitchen Scraps into Free Houseplants! - A Piece Of Rainbow](#)

## Communication Play

**Talent Show!** Children can create jokes, poetry, comedy sketches about food and healthy eating. Children can put on a performance, create tickets and posters to advertise the event.

Did you know, we don't just experience food through taste? We enjoy food using all our senses. Guess the food by blindfolding the children and giving them a food to touch, smell or taste. You could try to guess different spices too!

**Activities at home:** Invite parents in to watch the talent show or video some of the sketches to send to parents (ensuring you follow your Safeguarding Policies in relation to filming children).

Cook book library, where parents can look up recipe ideas. Cook books such as Pinch of Nom or Feed your Family for £20 a week by Lorna Cooper are really good. Particularly offering advice around batch cooking and menu samples. There are also lots of Facebook groups that families can join such as Feed your family on a budget, Feed your family for about £20 a week, Feed a family for pennies

## Deep Play

**Camp fires** are an excellent way of introducing riskier play and survival skills! Here are some recipe ideas: [CAMPFIRE SOUP RECIPES | curious-and-wild \(curiousschoolofthewild.com\)](#)

**Activities at home:** Allow the children to take some of what they make home for family members to try.

## Exploratory Play

**Exploring foods** is a great way to learn about food, this could include helping to make the snack, or using food as part of a messy play experience. Eating is a sensory activity and giving children the opportunity to explore it in this way might increase their willingness to try new foods. You could explore wet and dry textures.

Suggestions could include: gloop, baked beans, jelly, scooping pumpkin seeds out with their hands, making a dough, oats or cereals, rice, couscous, pasta, noodles.

## Locomotor Play

**Think Bullseye!** Chalk a food wheel onto a wall or on the floor including all the different food groups. Hold up different types of food and ask the children to kick a ball at the right food category. Like bullseye, this could be a team game, you could ask questions and give points for the right answer and aiming the ball at the right category. This could be differentiated by offering other sporting games such as bowl a ball, rollerskate, balls and bats.

**Activities at home:** Children can come up with different questions or continue the game with their friends



## Imaginative Play

**Using different types of vegetables** to make vegetable people/animals.

**Group game** Get the children into small groups, using their bodies they arrange themselves into the shape of food, it could be a fruit or vegetable. Other children have to guess what they are. If it is tricky, they could give clues.

**What am I??** Children give verbal clues to describe the food they are, children then guess the food. This could also be adapted using post it notes stuck to a child's forehead. The child then has to guess what food they are by asking questions of the others.

## Mastry Play

**Children could master the element of fire**, by learning how to build a campfire to heat up homemade soup. If it is a longer holiday or you are a club with permanent premises children could plant and grow their own food.

**Activities at home:** Children could take home their plants, look after it and report progress the next time they come to your club.

## Object Play

**Weaving or junk modelling** using food packaging

This could be a useful conversation starter examining what children eat at homes focusing on the packaging they bring in.

**Top Trumps:** use food packaging labels to create top trump cards for different food types, this could really engage the children in comparing what each food contains.

**Activities at home:** Collecting food packaging for both activities. Playing top trumps with their families.

Grow an avacado, how does food grow? What do the roots look like? [A Fun Project for the Kids: Growing Avocados from Seed to Tree - One Green Planet](#)

## Recapulative Play

**Engage in ancient rituals** such as experimenting with food to dye pieces of cloth. Which food works best? [Dye your clothes with food \(planet-science.com\)](#)

**Activities at home:** Forage for food and go blackberry picking and make a blackberry crumble. [Blackberry Crumble - Easy Delicious Pudding Recipe - Penny's Recipes \(pennysrecipes.com\)](#)

## Role Play

**Charades:** children can act out preparing or cooking a particular food, this could be for example cracking an egg or chopping vegetables.

**Pass a food around the circle:** children stand in a circle, choose a food and create a movement for it. It could be standing tall for a stick of celery, stomping to mash the avocado, running on the spot for runner beans, wiggling for sizzling bacon or jumping to catch the toast popping out of the toaster. Pass the food movement round the circle a few times, once the children have mastered this, pass another food movement around the opposite way. The children will need to stay focused to remember the food and its associated movement. Develop it further by sending two food movements round at once.

## Social Play

**Think Bake Off!** Create a food or market stall. Children could share recipe ideas and create a market stall of different snacks to enjoy at snack time

**Think Masterchef!** Give the children a variety of ingredients and put them in charge of making the lunch, what will they serve and will the other children enjoy it?

**Activities at home:** Children could design a menu including favourite meals. Settings could send the ingredients home to families with a recipe card for children to cook at home for their family.

**Meet my friend** Get the children into random pairs (someone they don't usually play with). Have each pair select an A and a B partner. Instruct the children that you are going to set a timer and for one minute A is going to tell B as many things about themselves and food as possible. (Favourite snack, who does the cooking at home, where they buy their food, where they eat their food at home.) Start timer and let them go. Now, for one minute B is going to tell A as many things about themselves as possible. Start timer and let them go. Gather everyone back into a circle. Go around the circle; each child should say 3 things about their partner beginning with this phrase "Meet my friend...".

## Symbolic Play

**Carrot, Popcorn, Milk:** The children stand in a circle. On the count of 3, the players have the choice of being one of three things (like rock, paper, scissors): Carrot: they hold their arms over their head like the green carrot tops and say "swish swish" Popcorn: jump up and down and say "pop pop pop" Milk: they put their hands on their tummies with fingers sticking out (like utters) and say "Mooo" (You can be as inventive as you want with this game). On the count of 3 everyone has the choice of being one of these things. Whichever one of these things is in the minority, those players must leave the circle (i.e., there are 4 carrots, 7 popcorns, and 3 cows: the cows are in the minority and must leave the circle). Continue until there are only 1 or 2 people left. VARIATION: A different approach to playing this game is for the goal be for everyone to become the SAME character (no elimination). Obviously, it will take a few turns for this to happen. Let the children organically try to figure it out.

## Fantasy Play

**Superhero Play:** Design superhero costumes out of newspaper and have a talent show, each superhero could champion a food group. To extend the activity, children could write a speech encouraging other children to try pieces of food from their food group. This could be a fun way of introducing new foods to the children

# Useful Links

Our HAF page on the Learn together Website contains lots of useful information with activity ideas and links to other resources.

[Cambridgeshire Holiday Activities and Food \(HAF\) Programme 2022 - Learn Together \(camblearntogether.co.uk\)](https://camblearntogether.co.uk)

[EYFS | Taste Education](#)

[Holiday Activities and Food \(HAF\) Programme: Provider and Family Resources - Healthy Schools \(healthyschoolscp.org.uk\)](https://healthyschoolscp.org.uk)

[Healthier Families - Home - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Playwork - Creating Quality is a very useful document that gives more information surrounding Playwork Principles and Play Types, please email us if you would like a copy of this document.