

## Health Improvement Resource Service (HIRS)

HIRS provides people who work in the Forth Valley area with information and free resources—leaflets, posters, displays and games.

To order or borrow resources please register first at [hpac.nhsforthvalley.com](http://hpac.nhsforthvalley.com)

Once you've registered, booking and orders can be made online via [HPAC](http://HPAC).  
[Find out more](#) - where to find HIRS, times of 'Look and Book' sessions...

## Useful Websites

**Best Start Foods** — A new Scottish payment has been introduced and it replaces the UK Government's Healthy Start Scheme.

**British Dietetic Association** — The BDA Food Fact sheets cover a range of nutrition topics. These can be used for displays or as useful handouts.

**British Dental Health Foundation** — Working to improve oral health. Website has details of useful links and information.

**Childsmile** — Provides oral health information for parents, carers and professionals.

**Community Nutrition** — NHS Forth Valley website has several web pages: Maternal, Infant and Early Years Nutrition and Food in Schools that may be of interest.

**Eat Better Feel Better** — How to make healthier, cheaper meals for your family and improve your cooking skills. Includes recipes, videos, offers and handy hints for saving money and problems like fussy eaters.

**First Steps Nutrition Trust** — Website provides information and resources to support eating well from pre-conception to five years.

**Food a Fact of Life** — Website provides a wealth of free resources about healthy eating, cooking, food and farming for children and young people aged 3 to 18 years.

**Healthy Start Vitamins** — Women's Healthy Start vitamins are free to all pregnant and breastfeeding mothers. Healthy Start vitamin drops are free to all breastfed babies and children up to the age of three.— ask your midwife or health visitor for more information.

**Maternal and Early Years** — Website is aimed at everyone who works with children in the early years setting and is split into 4 sections: Pregnancy, 0-3 years, 3-5 years and 5-8 years.

**Parent Club** — Scottish Government website crammed full of the latest babies and toddler hints and tips from real parents and professionals. Visit for tips on eating, sleeping, playing and more!

Contact Details: Nutrition and Dietetic Health Improvement Team,  
NHS Forth Valley. Tel: 01324 614 390

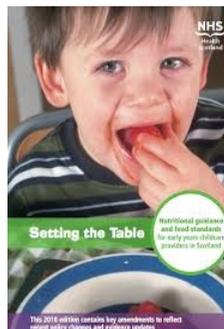
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# Nutrition and Oral Health Resources for the Early Years

**NHS**  
Forth Valley

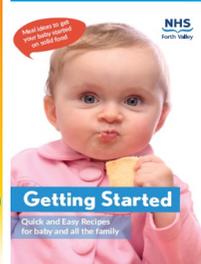


This leaflet highlights some of the resources and websites which can support nutrition, cooking activities and oral health in the early years setting. Some of the resources can be downloaded from our [Community Nutrition](#) website and others can be obtained or borrowed from NHS Forth Valley [Health Improvement Resources Service \(HIRS\)](#).



**Setting the Table** - Is the national nutritional guidance and food standards for Early Learning and Childcare Practitioners in Scotland.

Best Start **FOODS**



Log onto NHS Forth Valley **Community Nutrition** Website for further information and downloadable resources.  
[www.nhsforthvalley.com/nutrition](http://www.nhsforthvalley.com/nutrition)  
Choose 'Maternal, Infant and Early Years Nutrition'

## Food Activity Ideas

Food activities are fun and offer excellent play and learning opportunities for young children. They can also be used as a great way to engage and promote healthy eating messages onto children and their families.

**Make & Taste for Tiny Tums** — Quick and easy, no cook recipes for parents, carers, early years practitioners and teachers to make with your children.

**Ten Tantalizing Tastes for Tiny Tums** — Quick and easy, no cook recipes that can be used as food activities with small groups of children and are designed to promote healthy eating.

**Food A Fact Of Life** — Access free resources including lesson plans and recipes to support teaching young people aged 3-16 years about where food comes from, cooking, food hygiene and healthy eating.



## Healthy Packed Lunches

Packed lunches don't have to be dull and boring, with some planning and preparation they can provide your child with the energy and nutrients they need to grow, develop and learn.

**Healthy Lunch Box Leaflet** — Order from [HIRS](#)—Code NUT 60/L

**Healthy Packed Lunches** — British Dietetic Association — Food Fact Sheet.

**Eating Well:Packed Lunches for 1—4 year olds**

First Steps Nutrition Trust.

**Packed Lunch Display**

This resource has been developed to support pupils' understanding of the importance of a healthy, balanced lunch. Order from [HIRS](#) — NUT 83/K1.



Eating well: Packed lunches for 1-4 year olds



## Snacks and Drinks

These resources give details of appropriate drinks and suitable healthy snacks for you and your children to enjoy at nursery, school and home.

**Snack ideas for the under 5's**

This leaflet provides information for parents around healthy snacks for children. Order from [HIRS](#) — NUT- 04/L.

**Snack Ideas for Children** Childsmile.

Available in a variety of languages.

**Drinks for Babies and Young Children** Childsmile

Available in a variety of languages.

**Eating Well:Snacks for 1—4 year olds** First Steps Nutrition Trust.



## Games & Toolkits

**Eatwell Guide — Floor Mat and Food Models**

This resource is used to promote healthy eating messages, the pack contains a large plate model floor mat and plastic food models. Borrow from [HIRS](#) — NUT 21/K.

**FoodTalk Game** — This is an educational board game which can help improve early years staffs knowledge and confidence of nutrition and health for children aged 1-5.years.

Borrow from [HIRS](#) — NUT 98/K .

**Foodeeze** — This card game encourages children to think and talk about food at an early age. The game is simple and easy for children to understand. Borrow from [HIRS](#) — NUT 102/K1.

**Mini Munchers Game**—This resource promotes healthy eating, physical activity and a healthy lifestyle. Children can learn the key concepts of being healthy while having fun.

Borrow from [HIRS](#) — NUT 97/K1.

**A full range of nutrition and oral health resources can be accessed via [HIRS](#), see contact details overleaf.**

