

## **Workshop notes from Sustain Conference 20<sup>th</sup> June 2007 Glasgow**

### **Brief Description**

Marie Donaldson from Dundee Healthy Living Initiative discussed enthusiastically the activities she delivers in nurseries in Whitfield in Dundee. This includes working with staff, parents and young children with a focus on promoting healthy eating and physical activity. It is important not to lecture to parents but to involve them in a fun way. Those involved then share the information gained with others in the community.

Eileen Muir, Community Dietitian in Greater Glasgow and Clyde NHS discussed the background to the development of 'Eat Well to Play Well'. This is a resource for early years, which aims to combine teaching about healthy eating and physical activity in a fun and interactive way. Phase 1 of the project is a resource for nursery staff and children aged 3-5 years based on food groups using a food mat, food models and a range of games. Evaluation of this resource proved the need to involve parents. This led to phase 2, developing a parent and child 'Story Bag' to reinforce lifestyle messages at home. Further evaluation shows this is a well-used and popular resource.

These presentations generated a lot of discussion amongst participants.

Key themes

- **Highlighting the importance of working with parents and children, ensuring it's fun and enjoyable.**
- **Combining the importance of healthy eating and physical activity through play activities**
- **Understanding of the national food guide 'Eating for Health' using a hands on approach, focusing on food groups, main nutrients and health messages.**
- **Encouraging taste and try of new foods, recipes and physical activities.**
- **How to overcome some of the barriers to accessing parents.**

**Eileen Muir June 2007**