



**Birmingham PlayCare Network**

# Play With Your Food

Type of Delivery:	Workshop event
Criteria:	Open to playworkers citywide
Time:	9:30am - 2:30pm
Dates & Venues:	9th August - Harris House in Moseley 10th August - Sheldon Heath 11th August - Handsworth Day Care Centre 12th August - The Sanctuary Building Castle Vale

## Aims of the day:

- To make settings aware of the benefits of Healthy Eating
- To introduce the contents of the Grab 5 Healthy Lifestyles pack
- To introduce fun activities using fruit and vegetables

## Learning Outcomes:

- Participants will be able to gain an understanding of how foods can be used in a wider context
- Participants will be able to use Consultation and participation methods in their own settings
- Participants will be aware of the food Hygiene procedures
- Participants will be able to take a copy of the Grab 5 pack back to the settings to implement

## Programme:

Introductions, expectations, ground rules and health and safety, aims for the day, desert island ice breaker, national statistics and links to children's plan, impact of advertising, importance of healthy eating, food hygiene, introduction to the grab 5 pack, flour bombs, campfire cooking, fruit and veg modelling activity, creating healthy tuck shops, further information and links to EYFS, Welfare requirements and Play Principles.

For bookings or more information please contact Fatima Bibi on: **0121 236 2917**

**[www.bpcn.org.uk](http://www.bpcn.org.uk)**

**Caring About Play**