



## Early Years – Healthy Food Foundations

**Course Code:** N02

**When:** Thursday 8<sup>th</sup> March 2012

**Duration:** 6:30-8:30 pm

**Cost:** £28 per person



**Where:** Westmorland Showground, Lane Farm, Crooklands, Milnthorpe, Cumbria, LA7 7NH

### **QA – What are the aims and objectives of the workshop?**

- Balanced nutrition is a lifelong necessity to everyone's good health
- Feeding our children with confidence
- Promoting good skills, attitude and understanding of food
- The challenge to be better than you are, modelling excellence
- Practical recipes and daily activity ideas

### **QA – Who will train me?**

Linda is a very experienced Paediatric Nurse; Linda has also worked for a number of years in preschool childcare in the UK and overseas and now works as a wellness coach in health and nutrition. Her philosophy is that we can all change our habits for the better by taking just one step at a time, making just one small change each day or each week towards a healthier lifestyle and what better place to start than with our children.

### **QA – Who do you recommend should attend this course?**

All Early Years and Childcare Professionals, setting owners, leaders and managers/supervisors, nursery/school cooks, childminders, parents etc.

### **QA – How do I need to prepare?**

Come along to the training with any questions or issues around the course subject you would like to raise. All trainers are on hand to give advice and guidance to attendees.

### **QA – What is included?**

Tea, coffee, juice and biscuits are provided at all training. If it is a full day course lunch and snacks are provided for all attendees. If any attendees have dietary needs please ensure these are emailed to [caroline@rosyapplechildcare.com](mailto:caroline@rosyapplechildcare.com) one week prior to the course.

### **QA- Does this course comply with the relevant legal requirements?**

This course is in line with the Early Years Foundation Stage and Welfare Requirements; the trainer is highly experienced and qualified in the subject.

### **QA – How do I book a place?**

If you have already booked a place on this course you do not need to do anything, this is just to provide you with further information on the training.

If you would like to book a place or any additional places please call Caroline on 01772 200718. Alternatively please visit our website [www.rosyapplechildcare.com](http://www.rosyapplechildcare.com) and download a booking form for returning with a cheque payment.