

Clutton Playgroup

How we are making our setting healthier

After completing the Audit, we could see ways that we could improve things at Clutton Playgroup, these were:

1. **Snack time**
2. **Cooking activities**
3. **Tidy-up time**

Snack time

Our snacks were always prepared by a member of staff in the kitchen and taken to the table. We began to ask the children to help lay the table and help carry the food from the kitchen. We bought some age appropriate knives so that the children could help cut up the fruit/vegetables. This has worked really well and the children are always asking if they can help.



Peeling, chopping and cutting

Cooking Activities

We always used to buy shop bought ingredients for our cooking activities. We then decided it would be much more fun and cost effective if we sourced our own ingredients from our outside space.



We went for a walk along the track and picked some blackberries, **Delilah suggested we made a “crumble, my nanny makes it”.**



“Yummy” said Freddie

Tidying up time

This could sometimes be a bit of a tricky one!! We observed a couple of children using their own initiative to use a shopping basket from the home corner to collect little things, and put sort them back into the correct tubs.



We asked, "Why do you like using the baskets?" "It's easy now" said Joshua



Multi-tasking !!!

Conclusion

These changes have made a difference to the dynamics of the group. The children enjoy helping to prepare their own snacks and this has also made them more aware of other tasks that need to be done and that are within their capabilities such as giving out plates and cups and clearing away their plates when they have finished. The changes in the way we source our cooking ingredients have opened the children's eyes to the possibilities of using free food that they can gather themselves such as blackberries, apples and mint. Foods that they may not have tasted at home such as vegetable soup or raita are eagerly tasted if they are prepared by the children themselves. The changes at tidy-up time have made a chore into a game. The children know that the tidying up has to be done and that we are all going to do it. This gives them a sense of

belonging and self-worth. They are genuinely surprised if a child does not help, and comment on it.

We have found the children are more confident in making suggestions and that we will act on their suggestions, more likely to taste new things and more independent since we made these small changes.