

## How we made our setting Healthier

In our Setting we have been working really hard to improve the way we look at food and the advantages healthy food gives us. Our great chef has been adapting our menu to help achieve this. So far we have seen such a change in the way children look at the food we provide and have been astonished at how much more they are willing to try foods they are not familiar with.



We wanted the children to get involved as much as possible with the growing and preparing of the vegetables we put into our daily meals. The children have been getting dirty in our new vegetable plot to help plant lots of new foods.



Some of our children investigating the vegetable seed packets ready for planting and exploring the soil ready to plant our herbs and spices for our chef to use.

***“Oliver was really interested in how small the seeds were, and asked lots of questions about how different the vegetables look on the packet. We had a great time explaining how they grow and how he can help look after the vegetables when he comes to nursery” Shantel Nursery Nurse***



***“Can we eat them all up?” Constance “I remember we washed our carrots, yummy carrots”***



Etta helping herself to some yummy melon from our new menu. With very healthy rice cakes! Etta and the other children have been giving the new fruit a good taste and it has become obvious they are really enjoying it by filling up their plates!

We all can't wait to see our vegetables grow and wash and enjoy them in our lunches and snacks.

We are going to come up with ideas on how to use our vegetables in our summer menu.

