



The Healthy Eating Song



## Hello!

Have we got a bumper edition for you! September had so many highlights it had us mixing with the stars...literally! If you were one of the many lucky people that joined us at Childcare Expo Midlands you" know all about this. The EYN Partnership hosted an event at which we had very special guest Ben Faulks, best known as 'Mr. Bloom'! premiering our very own 'Healthy Eating Song'.

There have also been more successes with Quality Marks and Level 3 Awards being achieved by you...what a hard working committed bunch you are! And there are more key facts to help you keep getting it right with nutrition. So what are you waiting for.....take a look inside!

[The Early Years Nutrition Partnership Team](#)



# Tender Years Day Nursery Have a Special Guest!






On 22nd September we went along to Tender Years Day Nursery in Solihull with friend of the EYN Partnership Ben Faulks! Ben wanted to see how little ones would react to The Healthy Eating Song he has written for the EYNP, and so he took his ukulele and spent the morning teaching it to the pre-school class at Tender Years – and of course they loved it!

Watch this space for some lovely footage of the day. Happy times were had by all as the children loved the singing and the dancing. They also enjoyed having lunch with their special visitor and showing him their garden!



## Get The Healthy Eating Song Groove On!

Have a listen to the song, check out the lyrics and download a song sheet [here](#). And please do send us your pictures and films of little ones enjoying it! Beware the dangerously catchy tune....

### The Healthy Eating Song

Learn the words to teach your colleagues and the children at your nursery!

**Chorus**  
1 - 2 - 3  
Sing with me  
Let's all eat  
Health-ly  
We will grow  
Big and strong  
Let's all sing our  
Healthy eating song

**Verse 1**  
If we all eat well  
It helps us learn and play  
Choosing healthy food is fun  
Why not start today?

**Chorus**  
1 - 2 - 3  
Sing with me  
Let's all eat  
Health-ly  
We will grow  
Big and strong  
Let's all sing our  
Healthy eating song

**Verse 2**  
If we all eat well  
It helps us learn and play  
Choosing healthy food is fun  
Why not start today?

**Chorus**  
1 - 2 - 3  
Sing with me  
Let's all eat  
Health-ly  
We will grow  
Big and strong  
Let's all sing our  
Healthy eating song

Let's all sing our  
Healthy eating song

**Chords**

(Clap, clap) C  
(Stamp, stamp) D  
(Pat tum) G  
(Wave arms) C  
(Stretch up high) C  
(Strong arms) D  
(Welcome arms) G  
(Clap, clap) C

F C D G

C D G C C D G C






F C D G

C D G C C D G C

F C D G

C D G C C D G C

G C

# Childcare Expo Midlands

On Friday 29th and Saturday 30th September we attended our first ever Childcare Expo Midlands, at the Ricoh Arena in Coventry.

It was great to meet so many nursery owners and practitioners, reception teachers, childminders, caterers, service providers and parents too!

We were thrilled that so many people wanted to find out more about the EYNP and have so much interest in what we do. It's incredibly encouraging to us that so many people involved in the provision of nursery and pre-school care recognise the importance of good nutrition and are actively looking for ways to enhance their offer. It was great to talk to people about the Quality Mark scheme, and about the range of training packages we can provide.

We wanted to have some fun in Coventry so we took along our 'EYN Pea' (geddit?) mascot who was welcomed with open arms by the Childcare Expo community! Thank you to everyone who took a selfie with him, they kept us smiling all weekend!

And after our test run in Solihull we had more magical musical times with Ben Faulks who entertained us all on Friday afternoon with the aid of some of his veggie friends! He taught us all The Healthy Eating Song and had everybody on their feet joining in with the all important actions. Huge thanks to Ben for the wonderful show and for his ongoing support of our cause, and a massive thank you to everybody who came along and threw themselves into the spirit of things! Thanks to the Tender Years crew too who made the journey across to Coventry to lead the way with the singing and dancing! Again, watch this space for more, we'd love you to share in the fun we had!



Lucy Shipton, Registered Dietitian, ready to meet guests to the EYNP stand.



EYNP registered nutrition professionals with the EYN Pea!



Ben Faulks and friends singing and dancing to The Healthy Eating Song.

## Fact or Fiction?!

Keep your eyes peeled for an article in the latest edition of the Pre-school Learning Alliance's *Under 5's* magazine by our very own nutritionist, Nicola Calder.

Are diet fizzy drinks better for children? What's the deal with carbs? Snacking on dried fruit is a 'healthy' option for them, right...or wrong? There's lots of talk about childhood obesity, should I offer them the low-fat food options? Read Nicola's article to answer these questions and more as she seeks to dispel the myths surrounding diets in the early years. If you're not a member of the Pre-school Learning Alliance and don't subscribe to *Under 5's*, you can find out how to [here](#).



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## Facts and Figures: Toddler Nutrition

Did you know that toddlers have different dietary needs to adults? The early years of a child's life are so important! It's a time in which they are growing and developing rapidly, so it's crucial to provide them with the correct nutrition that can deliver enough energy and the right balance of nutrients to support this.

The British Nutrition Foundation have a handy [guide](#) that provides clear guidance on getting toddler nutrition right.



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## Learner of the Month

It's a successful September for our learner of the month!

Hayley Bird from Busy Little Bees in Shirley has succeeded in achieving the Level 3 award in Early Years Nutrition and Hydration.

When studying for this award with the EYN Partnership learners have the support and encouragement of their setting's dedicated nutrition professional to help them stay motivated and on track for success. We know that balancing work with studies can be really hard, so Hayley's EYN Partnership nutrition professional Gill Kelsall and all of the EYN Partnership team are very proud of the achievement of Hayley... and all of the other early years practitioners who have achieved the award to date.



# A Mark of Success..and Quality

Another success story! Ladybird Private Nursery Springfield House has been awarded the EYN Partnership Accredited Quality Mark.

The staff have been truly committed to achieving this accolade. A huge 'Well Done!' to you all. Their dedicated nutrition professional, Nicola Calder, has been really impressed by the many improvements they've made which included bringing on board a catering apprentice. The chef, Lynne Mills and apprentice Elsie Chimwaza, have been busy implementing some inspired ideas such as a 'World Food Day' to get the children and parents engaged and interested in nutrition. Watch this space as they'll be sharing details on this and their other initiatives with us soon.

**LadyBird Private Day Nurseries**  
Igniting Young Minds. Growing Together.



In the picture you can see (left to right) Lynne Mills the Nursery Chef, Katie Bell the Third in Charge and Elsie Chimwaza the Catering Apprentice, receiving the Quality Mark certificate.

If you'd appreciate a helping hand to improve your setting's nutrition offering, or you want to get some recognition for your efforts in providing great nutrition for your little ones, find out more about the EYN Partnership Quality Mark [here](#).



The Early Years Nutrition Partnership (EYN Partnership) is an independent Community Interest Company that has been created in partnership with the Pre-school Learning Alliance, the British Nutrition Foundation and Danone Nutricia Early Life Nutrition. A key role of the EYN Board and Expert Panel is to ensure that the partnership delivers its social aims, is transparent and acts with integrity.

The EYN Partnership will initially be funded by Danone Ecosystem and Danone Nutricia Early Life Nutrition. Danone Ecosystem is an internationally recognised fund, which supports social enterprises and initiatives worldwide. The EYN Partnership is the first UK beneficiary of this fund.

The EYN Partnership nutrition professionals are either Registered Nutritionists or Dietitians with at least a bachelor's degree in a nutritional or dietetic science and experience in early years nutrition. They are bound by the Association for Nutrition and the British Dietetic Association respectively to continue professional development and follow standards of ethics, conduct and performance. This means you can be assured that their advice will always be up to date with the latest recommended guidance and practice. Occasionally, we will have a nutrition professional join the EYN Partnership with the same experience and qualification, but who is currently undergoing the registration process.