



Early Years Chef Academy:
**Building Health in
Early Years**

Course Guide 2023



This is a Level 3 qualification endorsed by NCFE CACHE, the awarding body which will issue you with a certificate when you have completed the programme.

Build children's long-term health and make your nursery a leader in healthy eating

Thank you for your interest in LEYF's Early Years Chef Academy, the first qualification of its kind in the UK.

In 2019, LEYF established the Early Years Chef Academy to ensure more children are getting the healthy, nutritious food they need to grow and learn, by training chefs to be experts in child nutrition and to help children, staff and parents build healthy habits for life.

What is the aim of the course?

The aim of this course is to make Early Years chefs experts in child nutrition and help them put this knowledge into practice in their settings to ensure children get the healthiest (and most delicious) food possible. The course will also help the chefs embed themselves in their settings and use their knowledge and skills to encourage better eating habits in children, staff and parents.

The course is delivered in weekly interactive online sessions via Microsoft Teams and is therefore suitable for Early Years Chefs working anywhere. The course will explore each of the units listed below in detail. Guidance will be given on how to use the platforms.

What will this certification mean for you?

- Your expertise in child nutrition, portion sizes, weaning, menu-planning, managing allergies and cooking healthy, delicious food will help make the next generation healthier.
- You will gain the tools and confidence to deliver exciting food-related activities with children to broaden their culinary horizons and embed healthy life-long habits.
- You will learn how to make your nursery a hub for healthy practice, by offering nutritional advice and running food-related workshops with staff and parents.
- You will improve your career capital and value to your nursery as a specialised Early Years chef.

Details:

Timing: 15 modules taught over 5 months, made up of ~2hr sessions per week.

Format: The course is delivered in weekly interactive online sessions via Microsoft Teams.

Course materials: Included and sent to you ahead of each teaching session. You will need access to a laptop or tablet with video for this course.

Cost: The full price of the course is £1,200 (including £100 deposit to secure your place). We can offer significant discounts to charities and those who offer the 2-year-old funding entitlement.

Entry requirements: You must be working in an Early Years kitchen.

Dates: See our [website](#) for the latest cohort dates.



Your course leader

Sean Cowden
Chef Trainer

Course outline



Unit 1

Understand the impact of food on health and child development

In this unit you'll learn why young children's nutrition and eating habits are so important for their long-term health and development, as well as what they should be eating in a given meal, day and week. With the increasing prevalence of allergies, we make sure you are well equipped to provide delicious, healthy food for all children.

This unit will cover:

- what constitutes a healthy diet for children of different ages
- how chefs can encourage healthy eating
- how to manage portions and nutritional content
- how to manage allergies and dietary requirements
- how to plan healthy and balanced menus.

Unit 2

Understand the role of Early Years chefs

In this unit you'll learn about the role the Early Years chef can play as part of the wider Early Years team in your nursery to help children, staff and parents eat healthily. This unit focusses on how you can work with others to make mealtimes nutritious and eye-opening for children, deliver rich experiences through cooking and other food activities, and to support parents with nutritional advice and food workshops.

This unit will cover:

- how chefs can work effectively as part of an early years team
- what makes for happy and healthy meal times
- food safety for working with children
- how to plan and run food related activities with children
- how to plan and run food related activities with parents.

Unit 3

Be able to make dishes healthier, more appealing and appropriate for dietary requirements

In this unit you'll put the knowledge you learnt in Unit 1 into practice! You will practise preparing ingredients and meals in the right sizes for children, and altering recipes and menus to deliver as much nutritional value as possible, meet different dietary needs, and importantly ensure they taste and look appealing for children.

This unit will cover:

- how to prepare ingredients and meals that are the right portion for children
- how to produce healthier dishes
- how cold dishes can be altered to make them healthier and meet children's dietary requirements
- how hot dishes can be altered to make them healthier and meet dietary requirements
- how to present food to make it appealing to children.



How is the course assessed?

Assessment will include a mix of digitally submitted assignments and observation of skills and competencies.

You will progressively submit assignments throughout the course. Assignments are designed to produce useful resources that you can refer back to or share with other staff to help embed good practice across your setting.

Enrol now

Complete the expression of interest form and you will receive a short application form to complete. We will then be in touch shortly to confirm your chef's enrolment.

The total fee for this course is £1,200; a £100 deposit will be required to secure your place upon registration. We can offer significant discounts to charities and those who offer the 2-year-old funding entitlement.

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