

THE FOODTALK GAME: USING AN EDUCATIONAL BOARD GAME TO TRAIN EARLY YEARS NUTRITION CHAMPIONS

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INTRODUCTION

The Foodtalk Game is an educational board game used to teach the basics of early years nutrition. This study looked at using the Foodtalk Game to train parents to be early years nutrition champions in the hope that they would relay their learnings to other parents using an “Make Every Contact Count” approach.

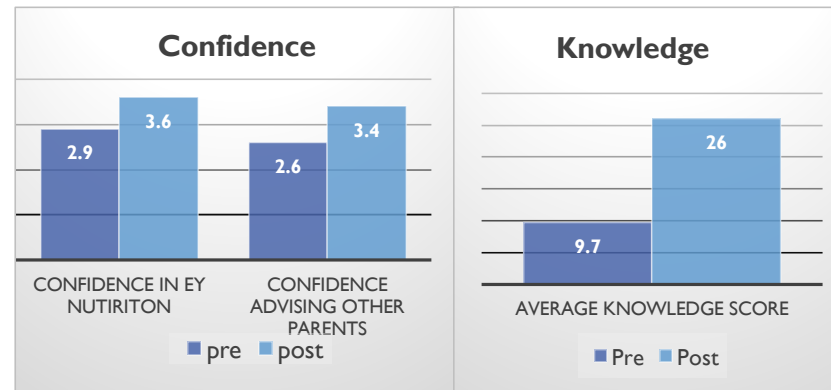


METHODS

Parents were recruited through Children’s Centres in Hertfordshire between July and Sept 2017. All parents were asked to play the game for 1 hour and complete pre and post questionnaires measuring confidence, knowledge and how they felt they could relay their learnings to other parents. Basic demographic information was also collected.

RESULTS

Twenty-eight parents across 5 children’s centres were trained using the Foodtalk Game. All participants were female and had at least 1 child under the age of 5. The majority of participants (n=25) were White British



89% of participants felt the game was user friendly and 89% would recommend the game to others.

100% of participants felt somewhat or very likely to share the knowledge they had gained with other parents and that this would mostly be done through informal conversations with other parents (n=14) and organised parent groups (n=13).

DISCUSSION

This study demonstrates that the Foodtalk Game is an effective way of delivering early years nutrition training to parents. Although further reach of the nutrition messages beyond the initial participants was not measured, the increased confidence in advising other parents and the high likelihood of sharing the knowledge with other parents create a compelling case for extended reach beyond the core trainees.



“a laid back way of learning important info, I think it will stick in my mind more than other ways of learning”