



## **Presenter Notes for the *Munch & Move* Staff Development Kit – Key Message: Choose water as a drink**

What to bring to the session:

- A printed copy of the *Munch & Move* Record of Completion
- A printed copy of the reflective practice document
- A copy of the *Munch & Move Resource Manual: Birth to 5 years*

*Note: If you are undertaking this module – please ensure your service has already completed 'Module 1 – Program Overview of the Staff Development Kit'.*

### **Slide 1:**

Welcome to the *Munch & Move Staff Development Kit* **Munch** 'key message' module *Choose water as a drink*.

Let's start by sharing a statistic related to this key message.

### **Slide 2:**

40% of NSW children aged 2-15 years consumed at least 2 cups of soft drink, cordial or sports drink a day and 21% consumed 6 or more cups a day. That's a lot of sweetened drinks and if these children are drinking all of these 'sugary drinks' – what aren't they drinking? Water!

### **Slide 3:**

So why water, and why is *Munch & Move* promoting *Choose water as a drink*?

Firstly, the 'Healthy eating guideline' states that we need to 'provide water in addition to age-appropriate milk drinks' and the 'Healthy food plate' also recommends drinking water.

There are so many benefits of *Choosing water as a drink* – for example:

- Drinking lots of water keeps us well hydrated.
- Water makes up more than half of our body weight – 50% to 80%.
- Every one of our body systems depend on water and without it the body cannot function.
- Water assists in normal bodily functions - such as regulating body temperature and keeping our bowel healthy.
- Tap water contains fluoride which helps protect and strengthen children's teeth, and
- Water is free!

However, while water is the obvious thirst quencher for children (and adults) it competes with a broad range of sweetened drinks that can tempt us away from drinking water – as we just discovered in the statistic on the previous slide.

We want children to develop a palate for water rather than sweetened drinks. Most children enjoy drinking water if they get into the habit from an early age. This habit is then likely to continue throughout life. It's all about developing healthy habits for now and for the future. So make drinking water the norm.



Also, remember to share with families the many benefits of drinking water - so families can *Choose water as a drink* away from the ECEC service.

**Slide 4:**

Water is important for children's current and ongoing health and wellbeing. The *National Quality Standard* Element 2.1.3 – Healthy lifestyle - mentions that assessors may look for evidence that water is readily accessible for children and regularly offered to children throughout the day. Regulation 78 states that children 'have access to safe drinking water at all times'. We need to be able to show how we are meeting these requirements at our service.

As educators, we need to be aware of children's fluid intake throughout the day and be vigilant about offering water to children. We also need to be mindful that babies and young children can quickly become dehydrated especially as they tend to get too busy to notice they are thirsty or they can mistake their thirst for hunger.

So, how much fluid each day? When we say 'fluid' this includes both water and milk because water and milk are the drink choices for children.

As it states on the slide, toddlers need about 1 litre of fluid a day (4 cups) and preschoolers around 1.2 litres a day (approximately 5 cups), more in hot weather and when engaging in physical activity.

Also remember that in a service, children generally only have a small amount of water in a cup and when they are self-serving at the water station - sometimes the water doesn't even make it to their lips.

Lastly, educators role modelling water drinking is essential!

**Slide 5:**

While this key message focuses on drinking water, it does extend to 'drinking milk', as milk is such an important source of nutrients for young children - protein, calcium, zinc, vitamin A – and as mentioned on the previous slide water and milk are the drink choices for children.

As you can see on the slide, the 'Healthy food plate' recommends that children have 1½ to 2 serves of dairy each day – this means ¾ to 1 serve of dairy during 8 hours of care which is 50% of the daily Recommended Dietary Intake.

A service needs to ensure children receive 50% of their daily 'dairy' requirements either through a planned menu or in lunchboxes.

It's important that services are aware that:

- For children under 2 years of age, it is recommended they consume regular full cream milk as this is a time of rapid growth and they need the extra energy/kilojoules that is provided by the fat in the milk.
- For children over 2 years of age, the *Australian Dietary Guidelines* recommend reduced-fat milk – as their growth has slowed down and they are now eating a broader range of foods that contribute to fat and kilojoules.

Importantly, reduced-fat milk still contains all the protein, calcium and other vitamins found in full fat milk, just with less fat and kilojoules.



Remember, drinking milk is not the only way that children can meet their daily dairy serves – yoghurt, cheese and homemade custard are all sources of the same nutrients found in milk.

**Slide 6:**

We know that sweetened drinks aren't good for children, but does this also apply to fruit juice?

Fruit juice is not recommended as a regular part of children's fluid intake for the following reasons:

- While it does contain some vitamin C, this vitamin is not in short supply in a healthy diet - it is easily gained from eating a variety of fresh fruit and vegetables, e.g. tomato, capsicum, strawberries and rockmelon.
- A piece of fruit is a healthier choice than fruit juice, as a piece of fruit provides fibre, is more filling and the chewing involved helps maintain oral health.

We need to support and encourage families to send water to the service.

Shown on the right side of the slide is a *Munch & Move* table called 'Appropriate drinks for babies and young children'. This table can support services and families to provide appropriate drinks for children; it could be put on display, added to orientation packs, or linked to a related policy. This table is on page 40 of the *Munch & Move Resource Manual: Birth to 5 years*.

**Slide 7:**

**ACTIVITY:**

Please follow the directions in the 'Green Activity Box' and 'Take 2 minutes to brainstorm learning experiences you could intentionally plan and teach the children promoting *Choose water as a drink* – please use the headings as inspiration'.

(Take 2 minutes with your colleagues to brainstorm.)

During the brainstorm we gathered many ideas for learning experiences to promote *Choose water as a drink!* Perhaps considering books such as 'Tiddalik' or 'There's a Sea in my Bedroom' – or an experiment such as observing a celery stalk drink coloured water – or maybe a song such as 'Running to the Corner' and dramatising a water break into this song. Remember, we can also create our own resources to promote this key message!

The challenge now is to intentionally plan and teach these learning experiences with the children!

**Slide 8:**

**ACTIVITY:**

Now that we have shared the *Choose water as a drink* 'key message' module, let's take 5 minutes to begin the 'Reflective Practice' task on the slide using the hardcopy version of this document.

Once we have completed our 'Reflective Practice' task for this 'key message', we can transfer any identified 'areas for improvement' onto our service's *Quality Improvement Plan* – especially for *National Quality Standard* Standard 2.1 Health and its related element 2.1.3 Healthy lifestyle.

(Take 5 minutes to complete the reflective practice with your colleagues.)

**Slide 9:**

Resources are available to promote *Choose water as a drink* and include the:

- *Munch & Move Resource Manual: Birth to 5 years*



- The Healthy Eating Learning Experience Resource
- *Munch & Move* CD
- *Munch & Move* Fact Sheets

And other resources accessible on the *Healthy Kids* website.

**Slide 10:**

Well done we have now completed the 'key message' module *Choose water as a drink!*

Please ensure the 'Record of Completion' is finalised for this module and remember to link the 'Reflective Practice' task to the service's *Quality Improvement Plan*.

Let's select the next 'key message' module and schedule a date and time to share it.