



Presenter Notes for the *Munch & Move* Staff Development Kit – Key Message: Eat more fruit & vegetables

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 *Eat more fruit & vegetables*.

Let's get started with some statistics related to this key message

Slide 2:

As you can see on the slide, the percentage of 2 to 8 year old children in NSW who eat the recommended daily fruit intake is high at 96% but we need to maintain this percentage and even increase it if possible.

On the other hand, vegetable intake is not as good as fruit with only 54% of 2 to 8 years olds in NSW eating the recommended daily vegetable intake. However, this statistic has increased 11.2% in the last eight years - some good, small steps in the right direction.

Slide 3:

So, why encourage fruit and vegetables?

On the slide, you can see we have our link to the 'Healthy eating guideline' which tells us that we need to provide nutritious foods consistent with the *Australian Dietary Guidelines* and we have the 'eat plenty of vegetables' and 'eat moderate amounts of fruit' segments on the related 'Healthy food plate'.

But why are fruit and vegetables such an important part of a healthy, balanced diet?

Slide 4:

Eating fruit and vegetables provides:

- A great source of vitamins, minerals and antioxidants
- Dietary fibre to help prevent constipation
- Opportunities to explore textures, colours and tastes
- Convenient and healthy snacks
- Opportunities to develop skills – such as peeling, chewing
- Long term health benefits - such as preventing a range of chronic diseases - for example type 2 diabetes, heart disease, high blood pressure and some forms of cancer

There are so many positive benefits of eating fruit and vegetables. They are an essential part of healthy living.

Slide 5:

How much fruit and vegetables do children need each day?



As displayed in the table on the slide, for children aged 2 to 3 years recommendation is 1 serve of fruit and 2½ serves of vegetables each day. For children aged 4 to 8 years the recommendation is 1½ serves of fruit and 4½ serves of vegetables each day.

ECEC services need to ensure children receive 50% of their recommended daily servings of fruit and vegetables during 8 hours care – either providing these serves on the menu or supporting families to provide these serves in lunchboxes.

So what does this look like for our service? For children 2-3yrs of age we need to be providing ½ serve of fruit and 1¼ serves of vegetables. And for children 4-8yrs of age we need to be providing ¾ serve of fruit and 2 ¼ serves of vegetables if they are in care for 8 hrs.

Children may like to eat more than the recommended daily serves of fruit and vegetables and this is a better choice than foods high in energy, fat, salt and/or added sugar – sometimes food.

Slide 6:

When it comes to meeting children's fruit and vegetable needs fruit is usually well-liked by children because of its natural sweetness. A piece of fresh fruit is packed with natural goodness, contains fibre, is unprocessed and comes in its own environmentally friendly packaging. Fresh fruit is a healthier choice than fruit juice drinks and fruit-based snacks such as fruit bars and fruit straps. These products should not be considered as a substitute for real fruit.

While dried fruit can be counted as part of children's fruit intake, it is more energy-dense than fresh fruit and tends to stick to children's teeth, increasing the risk of dental decay. It is also easy to over-consume dried fruit. It is recommended that children consume dried fruit only occasionally.

When it comes to vegetables it's a different story. 46% of NSW children aged 2 to 8 years are falling short of the recommended daily serves of vegetables. However, as we just shared on the previous slide, children need to eat more than twice as many vegetables to fruit each day.

So we need to provide children with plenty of encouragement and lots of opportunities to eat more vegetables. And just a tip - it's always a great idea to start with the 'sweeter' vegetables, like carrot, capsicum and cucumber.

Slide 7:

ACTIVITY:

Please follow the directions in your 'Green Activity Box' and 'Take 2 minutes to brainstorm how your ECEC service can maintain children's fruit intake and promote and encourage children to eat more vegetables'.

(Take 2 minutes to complete the activity with your colleagues.)

Slide 8:

During the activity we gathered many ideas on how our ECEC service can maintain children's fruit intake and promote and encourage children to eat more vegetables.

On the slide now is 'inspiration' to encourage and embed *Eat more fruit & vegetables* at our ECEC service.

Slide 9:

ACTIVITY:



Now that we have shared the *Eat more fruit & vegetables* '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 could transfer any identified 'areas for improvement' onto our ECEC 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 10:

Munch & Move supports the implementation of *Eat more fruit & vegetables* with resources such as:

- Learning experiences in the *Munch & Move Resource Manual: Birth to 5 years*
- The Healthy Eating Learning Experience resource
- Fact sheets for families
- Songs on the CD
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And other resources on the *Healthy Kids* website.

Slide 11:

Well done everyone we have now completed the 'key message' module *Eat more fruit & vegetables*! 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.