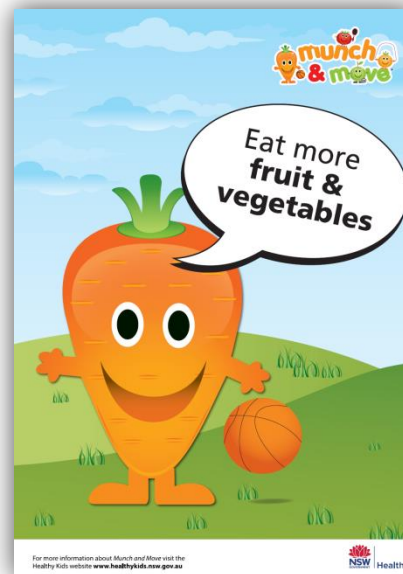




Staff Development Kit: Eat more fruit & vegetables



Statistics . . .



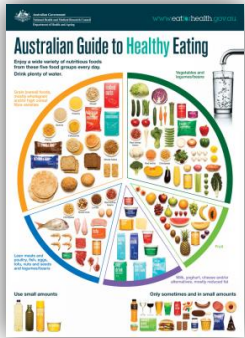
96% of 2-8 year olds
in NSW eat the
recommended daily
fruit intake.

54% of 2-8 year olds
in NSW eat the
recommended daily
vegetable intake.



This has increased
from 42.8% in the
last 8 years!

Why encourage fruit and vegetables?



Healthy Eating Guideline

Make sure that food offered to children is appropriate to the child's age and development, and includes a wide variety of nutritious foods consistent with the *Australian Dietary Guidelines*.



Benefits of fruit & vegetables



Eating fruit & vegetables provide:

- A great source of vitamins, minerals and antioxidants
- Dietary fibre and help prevent constipation
- Opportunities to explore textures, colours and tastes
- Convenient and healthy snacks
- Opportunities to develop skills
- Long term health benefits



How much fruit and vegetables each day?



Fruit

Serves per day

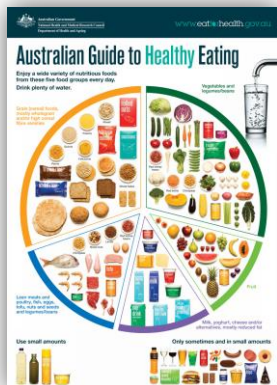
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1	1½	2	2	2
Girls	1	1½	2	2	2



Vegetables and legumes/beans

Serves per day

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	2½	4½	5	5½	5½
Girls	2½	4½	5	5	5



Children need to receive half of their daily fruit and vegetable serves during 8 hours of care

Children (2-3 years):

- ½ serve of fruit
- 1¼ serves of vegetables

Children (4-8 years):

- ¾ serve of fruit
- 2¼ serves of vegetables

Meeting children's fruit and vegetable needs



Fruit:

- Usually well-liked by children
- A piece of fresh fruit is packed with natural goodness
- Dried fruit – sticky, energy dense – only offer occasionally



Vegetables:

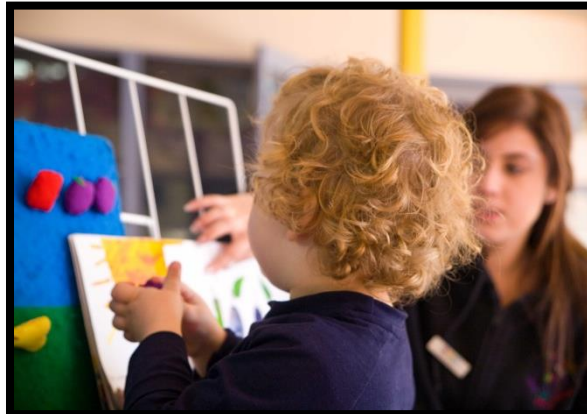
- Children's intake of vegetables is generally not as good as their intake of fruit
- Children need plenty of encouragement and opportunities to eat vegetables

Meeting children's fruit and vegetable needs



Activity:

Take 2 minutes to brainstorm how your ECEC service can maintain children's fruit intake and promote and encourage children to eat more vegetables . . .



Intentional teaching. Educators plan opportunities for intentional teaching and knowledge-building. They document and monitor children's learning.

Reflective practice . . .



Activity: Take 5 minutes to begin this 'reflective practice' task for *Eat more fruit & vegetables* . . .

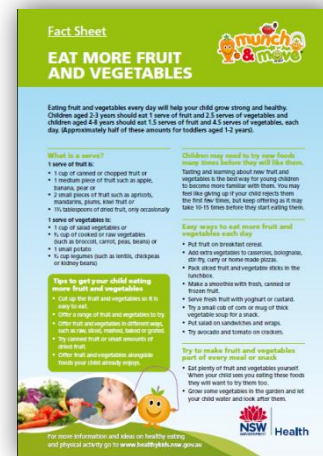
- How are educators upskilled to ensure they are aware of the benefits of eating fruit and vegetables?
- How are children encouraged to eat / try a variety of fresh fruit and vegetables?
- How does the service ensure children receive the recommended daily fruit and vegetable serves during 8 hours of care (planned on the menu or in lunchboxes)?
- What *Eat more fruit and vegetables* learning experiences are intentionally planned in the program for children each day?
- How are 'spontaneous' opportunities used to promote *Eat more fruit and vegetables* with the children?
- What types of documentation does your service use to reflect *Eat more fruit and vegetables*?
- How is the importance of *Eat more fruit and vegetables* communicated with families?
- How is *Eat more fruit and vegetables* reflected in service celebrations?



Resources to promote *Eat more fruit & vegetables*

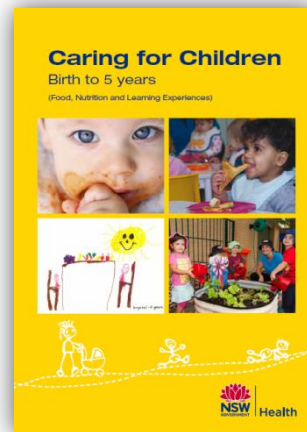


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NQS – Exceeding guidance for Standard 2.1 – Health - Practice is embedded in service operations

Actively promote healthy eating, physical activity, and effective hygiene practices in the delivery of the daily program



NQS – Exceeding guidance for Standard 2.1 – Health – Practice is informed by critical reflection

Seek out and consider alternate ways of supporting each child's health and activity needs, and make changes where opportunities to further enhance children's outcomes are identified

NQS – Exceeding guidance for Standard 2.1 – Health – Practice is shaped by meaningful engagement with families and/or the community

proactively promote children's health and physical activity with families and the community



Staff Development Kit



**Congratulations your ECEC service has completed
*Eat more fruit & vegetables!***

What's next?

- Please ensure the *Record of Completion* is finalised for this module
- Link the *Reflective Practice* task to your service's *Quality Improvement Plan*
- Select which 'key message' module you will share next and schedule a date and time
- **Happy Munching & Moving!**



The NSW Ministry of Health wishes to acknowledge the Early Childhood Training and Resource Centre (ECTARC) for their contribution to the development of the *Munch & Move* Staff Development Kit.