

Hi I'm Melinda and I'm the director of Fit Kidz Learning Centres at Vineyard.

Last year we decided as our team that how we were implementing *Munch & Move* could be improved, so we worked together to come out with strategies of how we can do this and get our families involved.

We decided that we'd introduce *Munch & Move* as a part of our daily routine, and to make sure that all children were given the opportunity to grasp these movement concepts and explore the foods that we were introducing, we wanted to have this focus for a whole month.

We also sent home information to families so they can implement it at home as well.

We've seen really great changes through the children as a result of this, and the feedback we've received from families has been really positive.

Our children are now wanting and asking for fruits and vegetables that they'd refused to eat previously. Our families are loving the changes in the children that they're seeing at home as well, especially in regards to trying new foods.

Empowering children to make healthy food choices lays the foundation for the choices they'll make later in life. Providing children with nutritious meals also assists with children's behaviour and concentration, which allows them to gain the most out of the day.

Encouraging children to independently make healthy food choices is essential, and we encourage this every day, to allowing children to serve their own lunch. They harvest from our garden, they collect eggs from our chicken, and not only does our wonderful chef Ryan make delicious and healthy meals for our children, but also do cooking and food preparation.

Hi, my name is Miss Tina and I'm the room assistant in the preschool room. Throughout the year we explore different fruits and vegetables, so each month we focus on a different fruit or vegetable.

So this month we are focusing on apples. With the apples we explore different types of apples and we also encourage the children to try and taste each apple as well.

So with garden club we incorporate lots of different fruits and veggies throughout the year, doing various activities, so we incorporate gardening cooking games and craft. With our gardening we like to incorporate different fruits and veggies so they see the different types of seeds, and they also get to experience planting the seeds, watering them and talking about how we keep them nice and healthy.

We also do cooking experience as well with the children, so we might be learning about zucchinis that week, that month. So with the zucchinis we make zucchini slice, or we might make a zucchini pasta.

With games we might do a game of memory, we might be matching the different types of fruit and veg. So we might have a poster of a whole different, a whole lot of fruit and vegetables. We might match the cucumber or ask the children, can you see the capsicum.

So we also do cooking in our garden club. When we are cooking we like to get the children with their hands on. So they might be making zucchini muffins or they might be making carrot cake but we also let the children mix it, grade it, help them get involved in the actual experience.

So once a week we also encourage the children to come out and harvest with us. They might choose to harvest a lettuce, they might choose to harvest celery or they might even want to harvest different types of herbs. Kids get very curious and want to know exactly what they're harvesting, so letting them know that they've got little signs in front to say what they are actually harvesting and what they're collecting to bring into the kitchen.

Encouraging children to make healthy lifestyle choices from an early age is fundamental in shaping their choices in the future.