



Healthy Eating & Physical Activity Resource Package

for VET and Tertiary Providers
of Early Childhood Qualifications

SECTION 3

RESOURCE GUIDE FOR ADULT LEARNERS

MAKE
HEALTHY 
NORMAL



Health

Acknowledgements

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- Gowrie NSW
- This resource package is based on the concept and information of *THE PAK: The Healthy Eating AND Physical Activity Kit for Teachers of Children's Services Courses* developed by The Healthy Lifestyle Working Group on behalf of the partnership between TAFE NSW TES Industry Skills Unit Meadowbank, Western Sydney Institute, Western Institute and Sydney West Area Health Service in February 2011. Information from *THE PAK* has been reproduced, summarised or updated in this package.
- Key resources that are invaluable for adult learners have been referenced in this package. These include – *Munch & Move*, Healthy Kids website, *Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood and Caring for Children: Birth to 5 years*. These resources have been developed by health and/or education experts specifically for groups of children in early childhood education and care settings. Information from these resources has been reproduced in this package; some sections reproduced entirely or some edited and summarised to bring together valuable information from all these sources.
- Other key resources used are related policy documents that are a basis for early childhood education and care which includes the *National Quality Standard* and *Belonging, Being & Becoming: The Early Years Learning Framework*. Government guidelines for promoting children's health include the *Australian Dietary Guidelines* and *National Physical Activity Recommendations for Children 0-5*.
- The following related materials have been used in the development of the package: various government and non-government online resources; e-learning videos sourced from *Raising Children Network* website; and the *National Quality Standard Professional Learning Program* (Early Childhood Australia).
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Photographs used in this resource package have a signed permission from each child's parent or carer.

In developing this resource package, every effort has been made to acknowledge the original sources.

NSW Office of Preventive Health, 2016. Healthy Eating & Physical Activity Resource Package for VET and Tertiary Providers of Early Childhood Qualifications, NSW Ministry of Health.

Make Healthy Normal is a NSW Health campaign which aims to create a new, healthy normal by increasing awareness of overweight and obesity as a public health issue, motivating people to make healthier lifestyle choices, and referring them to effective support programs and resources.

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For further information on this resource please visit:

www.healthykids.nsw.gov.au

Contents

About this Resource Guide

Acknowledgements	2
About this Resource Guide	3
Key resources and related policy documents	4
Topics	
 Part A: Healthy Eating	
1 Supporting breastfeeding	8
2 Bottle feeding – preparation and feeding	9
3 Introduction to solids	10
4 Food requirements for 2-5 year old children (Australian Dietary Guidelines)	11
5 Provision of water	12
6 Educator’s role during mealtimes	13
7 Catering to individual needs – allergies and food intolerances, cultural considerations	14
8 Menu planning for an early childhood setting	15
9 Safe food handling and preparation	16
10 Promoting healthy eating with children	17
11 Promoting healthy eating in partnership with families	18
 Part B: Physical Activity	
12 Promoting physical activity with babies	19
13 Promoting physical activity with toddlers and pre-schoolers	20
14 Environmental considerations when setting up physical activities – safety and supervision	22

This resource guide is designed as a quick reference for adult learners to obtain up to date information and assist in planning and implementing programs for young children on the topics of healthy eating and physical activity.

The guide is separated into the various topics for healthy eating and physical activity. Each topic has a brief overview, links to relevant key resources and policy documents and other resources such as brochures, posters, video clips and activities, for both families and children.

The ‘Links to resource/activities’ sections has been organised with the main website provided first, then an explanation and specific links directly to the particular resource.

Please note that the links were current at the time of publication, but due to the fluid nature of the internet, may become outdated over time. This is why the main website has also been provided.



Key resources

Get Up & Grow

Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood resources 2009 updated 2013, Australian Government Department of Health and Ageing (hereafter known as **Get Up & Grow**).

The *Get Up & Grow* resources are designed to support a consistent, national approach to early childhood nutrition and physical activity. They are designed for use in a wide range of early childhood settings by families, staff and carers.

The resources include:

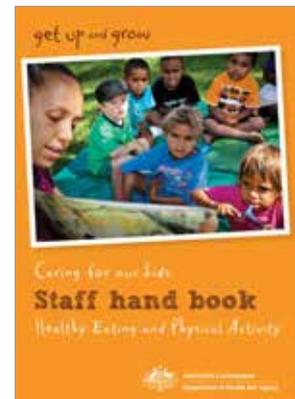
- Director/Coordinator Book
- Staff and Carer Book
- Cooking for Children Book
- Family Book
- 14 brochures
- 6 posters
- 4 stickers

The Director/Coordinator Book is primarily referred to because most information is duplicated in the other books. The resources are also available in English and nine non-English languages (Traditional Chinese, Vietnamese, Filipino, Korean, Indonesian, Malaysian, Arabic, Turkish and Spanish).

There are also indigenous specific resources for Aboriginal and Torres Strait Islanders.

Copies of these resources can be downloaded from:

www.health.gov.au/internet/main/publishing.nsf/Content/get-up-grow-resource-order-guide



Munch & Move

Munch & Move 2010, updated 2015, NSW Ministry of Health (hereafter known as **Munch & Move**).

The *Munch & Move* program is an initiative of the NSW Ministry of Health and was developed for early childhood educators who work directly with children in early childhood services across NSW. The purpose of the program is to assist services to implement a fun, play-based approach to supporting healthy eating and physical activity habits in young children in care. The program also promotes the reduction in small screen recreation (TV, DVD, computers and small hand-held devices).

The program is evidence based and fits within the *National Quality Standard* and *The Early Years Learning Framework* and makes reference to the *Australian Dietary Guidelines* and *National Physical Activity Recommendations for Children 0-5 years*.

The program and many resources can be found on the Healthy Kids website:

www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx



Healthy Kids

Healthy Kids – eat well, get active website www.healthykids.nsw.gov.au

This website is a joint initiative between the NSW Ministry of Health, NSW Department of Education, Office of Sport and the Heart Foundation (NSW Division). The website was established over ten years ago with the goal to support teachers and educators, parents and children to make healthy choices and provide up to date information and resources.

There are separate sections for: 'kids and teens', 'parents and carers', 'teachers and childcare', 'stats and research', 'campaigns and programs' and 'recipes'.

The site provides information and resources about campaigns and programs on healthy eating and physical activity for the community, schools and early childhood.

The *Munch & Move* program (as mentioned previously) and accompanying resources can be accessed here. This includes resources for use with children and fact sheets for families, case studies and reports.

Caring for Children

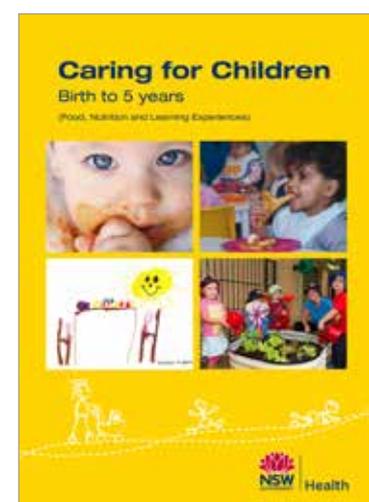
Caring for Children: Birth to 5 years (Food, Nutrition and Learning Experiences) 1992, updated 2014 (incorporating *Caring for Infants*), NSW Ministry of Health (hereafter known as ***Caring for Children***).

This book outlines food, nutrition and learning experiences with recommendations from the *Australian Dietary Guidelines*. It provides a step by step guide for the introduction of food and drinks for 0-2 years, healthy eating for 2-5 years, basics of food preparation, menu planning for early childhood services and a number of recipes. There is a small section for supporting ongoing improvement and healthy eating learning experiences. It references the *National Quality Standard* and the *Munch & Move* program.

This has been the recommended nutrition resource for early childhood services in NSW since it was written in 1992.

This resource is downloadable from:

www.healthykids.nsw.gov.au/teachers-childcare/food-and-nutrition/publications.aspx



Related policy documents

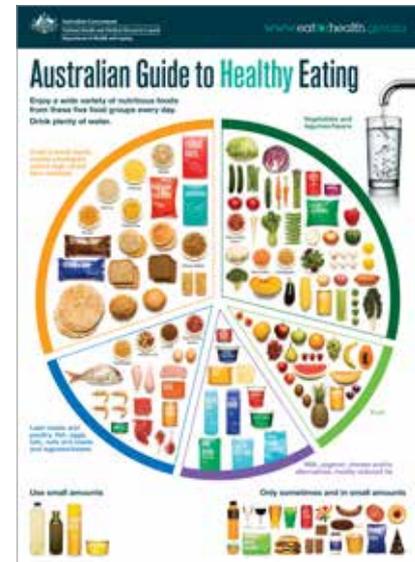
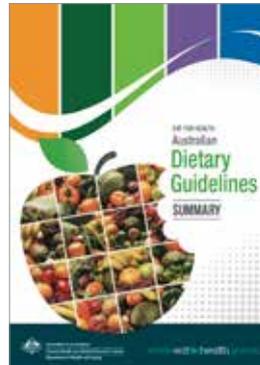
Australian Dietary Guidelines

Australian Dietary Guidelines, 2013, Commonwealth of Australia.

The *Australian Dietary Guidelines* and the *Australian Guide to Healthy Eating* are related policy documents that are referenced in the *Munch & Move*, *Get Up & Grow* and *Caring for Children* resources.

They provide up to date advice about the amount and kinds of food that a person needs for health and wellbeing.

The relevant documents for the *Australian Dietary Guidelines* are downloadable from: www.eatforhealth.gov.au



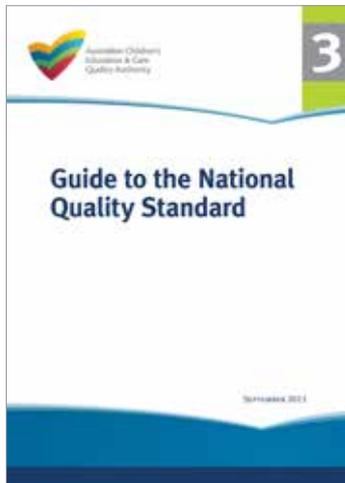
Move and Play Every Day

National Physical Activity Recommendations for Children 0-5 years, 2014 Commonwealth of Australia.

The *National Physical Activity Recommendations for Children 0-5 years* is a related policy document that is referenced in the *Munch & Move* and *Get Up & Grow* resources. It provides recommendations for physical activity and has recommendations for screen time for this age group.

Relevant documents are downloadable from:

www.health.gov.au/internet/main/publishing.nsf/content/phd-physical-activity-0-5-pdf-cnt.htm



Guide to the National Quality Standard

Guide to the National Quality Standard for Early Children Education and Care and School Age Care, 2012, Commonwealth of Australia, (hereafter known as ***National Quality Standard*** or ***NQS***).

This document is the benchmark for quality standards for early childhood education and care providers in Australia. It relates to long day care, family day care, outside school hours care and preschools. It is designed to provide a consistent, national standard aimed at improving the quality of care.

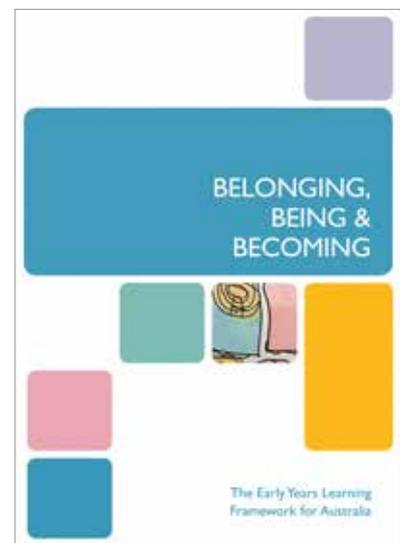
Relevant documents are downloadable from:
www.acecqa.gov.au/Quality-Areas

Belonging, Being and Becoming

Belonging, Being and Becoming: The Early Years Learning Framework (EYLF) Australian Government Department of Education, Employment and Workplace Relations for the Council of Australian Governments, 2009, Commonwealth of Australia (hereafter known as ***The Early Years Learning Framework***).

Belonging, Being and Becoming: The Early Years Learning Framework is a key component of the Australian Government's National Quality Framework for early childhood education and care. It is incorporated in the National Quality Standard, above. ***The Early Years Learning Framework*** describes the principles, practice and outcomes essential to support and enhance young children's learning from birth to five years of age, as well as their transition to school. It has a strong emphasis on play-based learning and recognises the importance of communication and language and social and emotional development.

Relevant documents are downloadable from:
https://docs.education.gov.au/system/files/doc/other/belonging_being_and_becoming_the_early_years_learning_framework_for_australia.pdf



Part A: Healthy Eating

TOPIC 1: Supporting breastfeeding



Early childhood education and care services should support mothers who choose to breastfeed. Some strategies include: creating a safe, welcoming and suitable environment to feed; awareness of safe handling of expressed breastmilk and associated protocols.

- Indigenous specific resources – ‘Breastfeeding’ brochure
www.health.gov.au/internet/main/publishing.nsf/Content/gug-indig-brochures

Healthy Kids website

- Specific information on breastfeeding
www.healthykids.nsw.gov.au

Caring for Children

- Section 1 Nutrition for Infants and Toddlers (Birth to 24 months)
www.healthykids.nsw.gov.au/teachers-childcare/food-and-nutrition/publications.aspx

Australian Dietary Guidelines

www.eatforhealth.gov.au/

- Eat for Health - *Infant Feeding Guidelines Summary*
www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n56b_infant_feeding_summary_130808.pdf

Other resources

Information, brochures, posters and stickers are available to encourage and support mothers to breastfeed and to be aware that the early childhood service is breastfeeding friendly.

Australian Breastfeeding Association

www.breastfeeding.asn.au

- Pamphlets and breastfeeding resources in other languages
www.breastfeeding.asn.au/bf-info/breastfeeding-and-work
- Information for working mothers
www.breastfeeding.asn.au/workplace/working-mothers

Australian Government, Department of Health

www.health.gov.au/

- General information
www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-brfeed-index.htm
- Providing information on breastfeeding
www.healthdirect.gov.au/breastfeeding

Victorian Aboriginal Community Controlled Health Organisation (VACCHO)

- Tucker Tips – ‘Feeding your baby’ brochure
www.vaccho.org.au/vcwp/wp-content/uploads/2011/03/tucker_talk_tips_feeding_your_baby.pdf

Links to resources/activities

Key resources

Get Up & Grow resources

- Director/Coordinator Book Section 1 Healthy Eating p 9 which includes information on breastfeeding
www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources
- Brochure on breastfeeding and returning to work
www.health.gov.au/internet/main/publishing.nsf/Content/phd-gug-brochures
- Sticker – ‘Breastfeeding friendly zone’
www.health.gov.au/internet/main/publishing.nsf/Content/phd-gug-stickers
- Indigenous specific resources – Staff Handbook Section 2 p 14
[www.health.gov.au/internet/main/publishing.nsf/Content/CAE59058071BEF98CA257BF0001A8E48/\\$File/Staff%20Handbook.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/CAE59058071BEF98CA257BF0001A8E48/$File/Staff%20Handbook.pdf)

TOPIC 2:**Bottle feeding – preparation and feeding**

Safe handling of both breastmilk and formula is of paramount importance to prevent the spread of infection to babies. This includes understanding the processes of cleaning, sterilising, preparing, transporting and storing of both breastmilk and formula.

In an early childhood service, where many babies are bottle fed, it is important to make sure all bottles are individually labelled and a checking procedure is in place.

Safe heating of bottles (not in the microwave) and safe feeding positions should be known. Babies should not be left alone with a bottle, there should always be an adult to support and feed the baby.

**Links to resources/activities****Key resources****Get Up & Grow resources**

- Director/Coordinator Book Section 1 Healthy Eating p 14 which includes information on infant formula
www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources
- Indigenous specific resources – Staff Handbook Section 3 p 23
[www.health.gov.au/internet/main/publishing.nsf/Content/CAE59058071BEF98CA257BF0001A8E48/\\$File/Staff%20Handbook.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/CAE59058071BEF98CA257BF0001A8E48/$File/Staff%20Handbook.pdf)
- Indigenous specific resources – ‘Infant formula’ brochure
www.health.gov.au/internet/main/publishing.nsf/Content/gug-indig-brochures

Caring for Children

- Section 1 Nutrition for Infants and Toddlers (Birth to 24 months)
www.healthykids.nsw.gov.au/teachers-childcare/food-and-nutrition/publications.aspx

Australian Dietary Guidelines

www.eatforhealth.gov.au/

- Eat for Health - *Infant Feeding Guidelines Summary*
www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n56b_infant_feeding_summary_130808.pdf

Other resources**Raising Children’s Network**

<http://raisingchildren.net.au/>

- E-learning video on formula preparation. It can be viewed in 10 different languages including Auslan.
http://raisingchildren.net.au/articles/formula_preparation_video.html/context/807

TOPIC 3: Introduction to solids



Healthy, full term infants are physically and developmentally ready to start solid food at around 6 months of age.

Educators need to work closely with families to ensure family values and cultural beliefs are respected, families are provided with supportive information and there is consistency in the food being offered between home and the service.

Experiences with eating early in life can affect attitudes and habits later on, as well as influence health.



Links to resources/activities

Key resources

Get Up & Grow resources

- Director/Coordinator Book Section 1 Healthy Eating p 16 which includes information on introducing solids

www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources

- Indigenous specific resources – 'First foods' brochure

www.health.gov.au/internet/main/publishing.nsf/Content/gug-indig-brochures

Healthy Kids website

- Specific information on introduction to solids

www.healthykids.nsw.gov.au

- *Starting Family foods: Introducing your baby to solid foods – For Parents of 0 To 12 Month Old Babies*

www.healthykids.nsw.gov.au/downloads/file/teachers-childcare/NPR3493NSWHealth12ppDLbrochureFINAL_seppages.pdf

Caring for Children

- Section 1 Nutrition for Infants and Toddlers (Birth to 24 months)

www.healthykids.nsw.gov.au/teachers-childcare/food-and-nutrition/publications.aspx

Other resources

Australian Dietary Guidelines

www.eatforhealth.gov.au/

- Eat for Health - *Infant Feeding Guidelines Summary*

www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n56b_infant_feeding_summary_130808.pdf

TOPIC 4:**Food requirements for 2-5 year old children
(Australian Dietary Guidelines)**

In order to be healthy and develop, children need to eat food from each of the five food groups in appropriate amounts for their age. The *Australian Dietary Guidelines* outline these requirements and services' menus should reflect this information in both daily meals and snacks. It is important that families and children are involved in the development of nutrition policies and menus in the service and are provided with education on healthy eating to encourage good practice at home.

**Links to resources/activities****Key resources****Get Up & Grow resources**

- Director/Coordinator Book Section 1 Healthy Eating p 20 which includes information on food requirements for 0-5 years
www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources
- Poster – 'Finding new flavours'
www.health.gov.au/internet/main/publishing.nsf/Content/phd-gug-posters

Healthy Kids website

- Information on the *Australian Dietary Guidelines* and food requirements for 2-3 and 4-8 years
www.healthykids.nsw.gov.au/
- *Munch & Move* resources – selection of brochures, posters and fact sheets
www.healthykids.nsw.gov.au/campaigns-programs/munch-move-resources.aspx

Caring for Children

- Section 1 Nutrition for Infants and Toddlers (Birth to 24 months)
- Section 2 Children's Nutrition (2-5 year olds)
- Section 3 Food Preparation and Menu Planning
www.healthykids.nsw.gov.au/teachers-childcare/food-and-nutrition/publications.aspx

Other resources**Australian Dietary Guidelines**

www.eatforhealth.gov.au

- Eat for Health brochure – 'Healthy Eating for Children'
www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55f_children_brochure.pdf

TOPIC 5: Provision of water



Babies less than six months who are not exclusively breastfed can be offered cooled boiled water. From six to twelve months, cooled boiled water can supplement breastmilk or formula. For children one to five years, water and cow's milk should be the main drinks offered. Under the *Education and Care Services National Regulation* (2011) children must have access to drinking water at all times

Toddlers require around 1 litre of fluid each day and pre-schoolers around 1.2 litres each day to remain hydrated (more in hot weather and during physical activity).

Most children enjoy drinking water if they get into the habit from an early age. This habit is likely to continue throughout life.

Links to resources/activities

Key resources

Get Up & Grow resources

- Director/Coordinator Book Section 1 Healthy Eating p 26 which includes information on provision of water
www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources

- Indigenous specific resources – Staff Handbook 'Good drinks for babies and kids' p 45
[www.health.gov.au/internet/main/publishing.nsf/Content/CAE59058071BEF98CA257BF0001A8E48/\\$File/Staff%20Handbook.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/CAE59058071BEF98CA257BF0001A8E48/$File/Staff%20Handbook.pdf)
- Indigenous specific resources – 'Good drinks for our kids' brochure
www.health.gov.au/internet/main/publishing.nsf/Content/gug-indig-brochures
- Indigenous specific resources – 'Water the best healthy drink for our kids' poster
www.health.gov.au/internet/main/publishing.nsf/Content/gug-indig-posters

Healthy Kids website

- *Munch & Move* resources including Food and Drink cards, 'Choose water as a drink' fact sheets
www.healthykids.nsw.gov.au/campaigns-programs/munch-move-resources.aspx

Caring for Children

- For information about drinks p 32,53
www.healthykids.nsw.gov.au/teachers-childcare/food-and-nutrition/publications.aspx

Other resources

- Australian Government, Department of Health – 'Healthy bodies need healthy drinks' resource package
www.health.gov.au/internet/publications/publishing.nsf/Content/sugar-drinks-toc
- NSW Health Central Coast Local Health District
www.healthpromotion.com.au/Healthy_Drinks_Children/Home.htm
- NSW Health Northern NSW Local Health District – Tucker Talk Tips, Healthy Drinking Guidelines – Indigenous resource
nswlhd.health.nsw.gov.au/health-promotion/closing-the-gap/healthy-eating-active-living/want-know/

TOPIC 6:**Educator's role during mealtimes**

Educators need to be aware of the actual ritual and significance of mealtimes with children. It requires thought and planning to create a positive and relaxed eating environment. For many children who attend for extended periods of time, most of their mealtimes are at the service, with only a few meals at home.

It is important to create a suitable physical and social environment for children to feel relaxed and comfortable – a suitable area that is free of distraction, with appropriate sized tables, chairs, high chairs and utensils when needed. The environment should also provide opportunities for children to develop independence by practising their self help skills.

**Links to resources/activities****Key resources****Get Up & Grow resources**

- Director/Coordinator Book Section 1 Healthy Eating p 27 which includes information on the educator's role during mealtimes.
www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources
- Indigenous specific resources – Staff Handbook Planning Meals p 53
[www.health.gov.au/internet/main/publishing.nsf/Content/CAE59058071BEF98CA257BF0001A8E48/\\$File/Staff%20Handbook.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/CAE59058071BEF98CA257BF0001A8E48/$File/Staff%20Handbook.pdf)

Healthy Kids website

- *Munch & Move* case studies
www.healthykids.nsw.gov.au/campaigns-programs/munch-move-case-studies.aspx

Caring for Children

- For information about making mealtimes positive p 80
www.healthykids.nsw.gov.au/teachers-childcare/food-and-nutrition/publications.aspx

Other resources

- Early Childhood Australia's Professional Learning Program

A number of e-learning videos that can be used to show various practices around mealtimes. Videos include: routines around lunch; relaxed conversation during fruit time; discovering lunchtime; lunch time with toddlers

www.earlychildhoodaustralia.org.au/nqsplp/e-learning-videos/connecting-with-practice-eylf-nqs/

TOPIC 7:**Catering to individual needs – allergies and food intolerances, cultural considerations**

Every child's eating is determined individually in regard to physical, medical and cultural needs. Educators work in partnership with families to support and develop individual plans. 'Australia has one of the highest reported incidences of food allergies in the world, and the numbers are growing at an alarming rate. In fact, one in 10 babies born in Australia today will develop a food allergy.' (Ref: Allergy and Anaphylaxis Australia, 2016, accessed 19 May, 2016, www.allergyfacts.org.au). Therefore, allergies and food intolerances need to be treated seriously when providing food in an early childhood service. The most common foods capable of causing allergies are peanut and tree nuts, egg, milk, fish, shellfish, sesame, wheat and soy. Food allergies can be life threatening. They are caused by a reaction to the protein components of particular foods. Reaction is usually immediate and symptoms range from mild to life threatening. Educators working with children and families need to respect and be sensitive to the various cultural and religious beliefs in regard to healthy eating. Educators also need to be understanding and respectful of children's individual likes and dislikes and provide a supportive yet relaxed environment where children can be encouraged to try and explore different foods.

'Adults provide, children decide' is an appropriate message to assist educators in supporting children's choices.

Links to resources/activities**Key resources****Get Up & Grow resources**

Includes information on allergies, food intolerances, and cultural considerations

All *Get Up & Grow* resources are available in 9 non English languages including Traditional Chinese, Vietnamese, Filipino, Korean, Indonesian, Malaysian, Arabic, Turkish and Spanish

- Director/Coordinator Book Section 1 Healthy Eating p 26, p 36
www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources
- Indigenous specific resources – brochures and posters
www.health.gov.au/internet/main/publishing.nsf/Content/gug-resource-order-guide

Healthy Kids website

- Information about food intolerances
www.healthykids.nsw.gov.au

Caring for Children

- For information about allergies Section 2 p 60-63
www.healthykids.nsw.gov.au/teachers-childcare/food-and-nutrition/publications.aspx

Other resources

- Allergy and Anaphylaxis Australia for comprehensive information
www.allergyfacts.org.au/
- Initiative for early childhood education and schools – Be a M.A.T.E (make allergy treatment easier)
www.allergyfacts.org.au/how-to-manage/schooling-childcare/be-a-mate
- Children's Hospital Westmead has a number of fact sheets for families on allergies
www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets
- NSW Health Northern NSW Local Health District – Indigenous specific resources
nswlhd.health.nsw.gov.au/health-promotion/closing-the-gap/healthy-eating-active-living/want-know/
- Australian Guide to Healthy Eating translated
www.mhcs.health.nsw.gov.au/publicationsandresources/pdf/publication-pdfs/oth-9450

TOPIC 8:**Menu planning for an early childhood setting**

Menu planning should be a team effort involving the cook, director, educators, families and children. Children who attend early childhood settings may spend the majority of their day in care for up to five days a week. Many children therefore receive a significant part of their total nutritional needs at the service.

Under the *Education and Care Services National Regulations* (2011) children must have access to drinking water at all times and be offered food and beverages appropriate to the needs of each child on a regular basis throughout the day. Food must be nutritious and adequate in quantity and is chosen considering the dietary requirements of each child's individual needs (growth and development, cultural, religious or health requirements).

Planning menus will help ensure that the best food choices are made, meals are varied and preparation is as smooth and easy as possible. If simple unprocessed foods are used in the menu, educators and cooks do not have to read many food labels. Menu planning ensures that each child's food requirements can be monitored and checked. Generally menus are planned around a main meal in the middle of the day with both morning and afternoon snacks. In some services, both a breakfast and late snack is also provided when children attend for extended hours.

Links to resources/activities**Key resources****Get Up & Grow resources**

- Director/Coordinator Book Section 1 Healthy Eating p 28, information on menu planning
www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources
- Indigenous specific resources – Staff Handbook p 53
[www.health.gov.au/internet/main/publishing.nsf/Content/CAE59058071BEF98CA257BF0001A8E48/\\$File/Staff%20Handbook.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/CAE59058071BEF98CA257BF0001A8E48/$File/Staff%20Handbook.pdf)

Caring for Children

- For menu planning, lunch boxes and recipes p 74-79, p 90-160
www.healthykids.nsw.gov.au/teachers-childcare/food-and-nutrition/publications.aspx

Other resources

- NSW Health Northern NSW Local Health District – Indigenous specific resources including 'Feeding your mob' cookbook
<http://nswlhd.health.nsw.gov.au/health-promotion/closing-the-gap/healthy-eating-active-living/want-know/>



TOPIC 9:**Safe food handling and preparation**

Early childhood services must prepare and provide food in a way that is safe for children in their care in order to reduce the risk of spreading infectious diseases.

Staying Healthy: Preventing infectious diseases in early childhood education and care services 5th Edition, updated June 2013, a publication written specifically for services providing care and education to groups of children states that “food safety is an important part of infection control in education and care services. The best ways to prevent diseases spreading through food are hand hygiene; not sharing food, plates or utensils; preparing and storing food properly; and keeping food preparation areas clean. Disinfectants are not routinely needed in food preparation areas if surfaces are thoroughly cleaned with detergent in hot water and allowed to dry” p 56.

Links to resources/activities**Key resources****Get Up & Grow resources**

- Director/Coordinator Book Section 1 Healthy Eating p 35 which includes information on safe food handling and preparation
www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources
- Indigenous specific resources – Staff Handbook p 71
[www.health.gov.au/internet/main/publishing.nsf/Content/CAE59058071BEF98CA257BF0001A8E48/\\$File/Staff%20Handbook.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/CAE59058071BEF98CA257BF0001A8E48/$File/Staff%20Handbook.pdf)

Healthy Kids website

- Food safety and hygiene
www.healthykids.nsw.gov.au

Caring for Children

- Section 3 – Food Preparation and Menu Planning
www.healthykids.nsw.gov.au/teachers-childcare/food-and-nutrition/publications.aspx

Other resources

- *Staying Healthy: Preventing infectious diseases in early childhood education and care services* 5th Edition, updated June 2013, National Health and Medical Research Council (NHMRC)
www.nhmrc.gov.au/_files_nhmrc/publications/attachments/ch55_staying_healthy_5th_edition_150602.pdf
- Food Standards Australia New Zealand
www.foodstandards.gov.au/Pages/default.aspx
- NSW Food Authority
Resources and fact sheets on food handling in early childhood settings
www.foodauthority.nsw.gov.au/

TOPIC 10:

Promoting healthy eating with children



Healthy eating should be embedded in the program on a daily basis supported by a play based approach following *The Early Years Learning Framework: Outcome 3: Children have a strong sense of wellbeing; Children take an increasing responsibility for their own health and physical wellbeing.* 'Learning about healthy lifestyles, including nutrition, personal hygiene, physical fitness, emotions and social relationships is integral to wellbeing and self confidence.'

Links to resources/activities

Key resources

Get Up & Grow resources

- Director/Coordinator Book Section 1 Healthy Eating p 21 which includes information on promoting healthy eating with children
Cooking for Children Book, brochures, posters and stickers
www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources
- Indigenous specific resources – Staff Handbook p 39
[www.health.gov.au/internet/main/publishing.nsf/Content/CAE59058071BEF98CA257BF0001A8E48/\\$File/Staff%20Handbook.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/CAE59058071BEF98CA257BF0001A8E48/$File/Staff%20Handbook.pdf)
- Indigenous specific resources – brochures and poster
www.health.gov.au/internet/main/publishing.nsf/Content/gug-indig-brochures

Healthy Kids website

- Recipes and information, cooking with children
www.healthykids.nsw.gov.au
- *Munch & Move* resources which includes the *Healthy Eating Learning Experiences Resource*, music, Food and Drink cards, posters and newsletter snippets
www.healthykids.nsw.gov.au/campaigns-programs/munch-move-resources.aspx

Caring for Children

- Section 5 Healthy Eating Learning Experiences
www.healthykids.nsw.gov.au/teachers-childcare/food-and-nutrition/publications.aspx

Other resources

- NSW Early Childhood Education Environmental Education Network – Requires membership to access most resources, but the website contains a page of links that would be helpful in promoting healthy eating and awareness of food
www.eceen.org.au/
- Sydney Markets 'Fresh for kids'
Has information for healthy eating, activities and ideas for eating fruit and vegetables, lunch box ideas, and information on a variety of fruit and vegetables. Adult learners can research suitable seasonal fruit and vegetables for cooking etc.
www.freshforkids.com.au/
- NSW Health Central Coast Local Health District 'The Magic Lunchbox' – storybook and educator resources
www.healthpromotion.com.au/Magic_Lunchbox/MagicLunchbox_Index.html
- NSW Health Northern NSW Local Health District Indigenous specific resources including 'Feeding your mob' cookbook
<http://nswlhd.health.nsw.gov.au/health-promotion/closing-the-gap/healthy-eating-active-living/want-know/>
- Secretariat of National and Indigenous Child Care (SNAICC) – Has specific resources and research for Aboriginal and Torres Strait Islander people. These include factsheets and resources on Cooking with Bush Foods, Nutrition (Bush Tucker) Game, Damper Making, Play and Learning in the Great Outdoors, Outdoor Aboriginal Games and Activities for Children
www.snaicc.org.au/category/health-healing-and-tucker/

TOPIC 11:**Promoting healthy eating in partnership with families**

Families are viewed as the child's first and most influential teachers. Families are actively encouraged to work in partnership with educators to promote the key messages of healthy eating. Educators need to be sensitive to the individual circumstances of each family and consider different strategies to use in order to promote healthy eating.

Relationships with families are key to understanding the approach the service will take. Generally families need to be provided with information in regards to nutrition policies and procedures on enrolment including information about food being provided at the service or being brought by the family to the service.

Links to resources/activities**Key resources****Get Up & Grow resources**

- Director/Coordinator Book Section 1 Healthy Eating which includes information on promoting healthy eating with children
- Cooking for Children Book, Family Book
www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources
- Indigenous specific resources
www.health.gov.au/internet/main/publishing.nsf/Content/gug-indig-brochures

Healthy Kids website

- General information about healthy eating for families including five ways to a healthy lifestyle, recipes
www.healthykids.nsw.gov.au
- *Munch & Move* resources including fact sheets, posters, brochures and newsletter snippets
www.healthykids.nsw.gov.au/campaigns-programs/munch-move-resources.aspx

Other resources

- Raising Children Network
<http://raisingchildren.net.au/>
Extensive information that can be used as simple easy to read fact sheets for families. It also has a number of short videos that can be used by adult learners or can be used to support families. Videos include:
 - 'Is my child eating 'Sometimes foods'
 - 'Preparing lunches ahead – a wrap'
 - 'Preparing lunches ahead – sandwiches and leftovers'
 - 'Preparing lunches ahead – mealtimes'
 - 'Making a meal plan and a shopping list'
 - 'Shopping for healthy food together'
 - 'Preparing lunch boxes together'
 - 'Preparing lunch boxes together before school'
 - 'Preparing dinner- involving your child'
 - 'Setting a good example by eating healthy food yourself'
 - 'Sharing healthy snacks together'
 - 'Making healthy foods fun'
- NSW Health Northern NSW Local Health District Indigenous specific resources including 'Feeding your mob' cookbook
<http://nswlhd.health.nsw.gov.au/health-promotion/closing-the-gap/healthy-eating-active-living/want-know/>
- Secretariat of National and Indigenous Child Care (SNAICC)
Has specific resources and research for Aboriginal and Torres Strait Islander people. These include factsheets or resources on Cooking with Bush Foods, Nutrition (Bush Tucker) Game, Damper Making, Play and Learning in the Great Outdoors, Outdoor Aboriginal Games and Activities for Children
www.snaicc.org.au/category/health-healing-and-tucker/



Part B: Physical Activity

TOPIC 12: Promoting physical activity with babies



Physical activity is vital for a child's development and provides the foundation for a healthy and active life. Babies should be encouraged to be as active as possible from birth in a safe, supervised, minimally structured and nurturing play environment. Physical activity encourages brain development, strengthens what the body can do, develops the senses and helps babies learn about their body and how it moves. It also provides the foundation for developing fundamental movement skills. Babies need daily opportunities to move on their stomach and back in a variety of free spaces, without being constrained by wraps or clothing. Young children's physical activity patterns are characterised by short, intense bursts of activity interspersed with periods of rest. Quality sleep is also a major factor in brain and body development.

Links to resources/activities

Key resources

Get Up & Grow resources

- Director/Coordinator Book Section 2 Physical Activity p 43 which includes information on promoting physical activity with babies
www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources
- Indigenous specific resources – brochures
www.health.gov.au/internet/main/publishing.nsf/Content/gug-indig-brochures

Healthy Kids website

- Benefits of physical activity, guidelines, service policy, publications
www.healthykids.nsw.gov.au
- *Munch & Move* resources – 'Physical Activity for Babies and Toddlers'
www.healthykids.nsw.gov.au/campaigns-programs/munch-move-resources.aspx

National Physical Activity Recommendations for Children 0-5 years

www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-phys-act-guidelines

See specific links below:

- 'Move and play every day' brochure
[www.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/\\$File/Move%20and%20play%20every%20day%200-5yrs.PDF](http://www.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/$File/Move%20and%20play%20every%20day%200-5yrs.PDF)
- 'Move and play every day' fact sheet
[www.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/\\$File/FS%200-5yrs.PDF](http://www.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/$File/FS%200-5yrs.PDF)

Other resources

- Raising Children Network has extensive information about physical activity for both learners and families
www.raisingchildren.net.au

See specific links below:

'Tummy time in pictures'

http://raisingchildren.net.au/articles/pip_tummy_time.html/context/1221

'Babies and movement' information benefits, development, ideas and equipment to encourage movement

http://raisingchildren.net.au/articles/movement_babies.html/context/249

- NSW Health Hunter New England Local Health District 'Good for kids, good for life'
There are downloadable resources specifically for early childhood services for physical activity including a booklet titled 'I Move, We Move – The Guide' 2009. (Please note that it refers to outdated regulations, but ideas and information about activities are relevant)
www.imagineeducation.com.au/files/CHECE017/5.pdf
- NSW Health Northern NSW Local Health District
<http://nswlhd.health.nsw.gov.au/health-promotion/closing-the-gap/healthy-eating-active-living/want-know/>
- Secretariat of National and Indigenous Child Care (SNAICC) – Has specific resources and research for Aboriginal and Torres Strait Islander people. These include factsheets or resources on Play and Learning in the Great Outdoors and Outdoor Aboriginal Games and Activities for Children
www.snaicc.org.au/category/health-healing-and-tucker/

TOPIC 13:**Promoting physical activity with toddlers and pre-schoolers**

The *National Physical Activity Recommendations for Children 0-5 years* state that 'toddlers and pre-schoolers should be physically active every day for at least three hours, spread throughout the day'. Children need time to learn a range of movement skills. These are generally termed fundamental movement skills (FMS) as they are the basis for all physical activity as they grow and mature. Both unstructured and structured play need to be included in all early childhood settings. Unstructured physical play is child initiated. It is characterised by being creative, spontaneous, exploratory and challenging. It does include risk taking and rough and tumble play. Structured play provides opportunities for intentional teaching which can include games, music and movement sessions, or setting out particular equipment to develop a physical skill. Other physical activity includes participating in everyday tasks e.g. gardening, packing equipment away, etc.

As more children are engaging in more sedentary behaviours due to technology (computers and hand held devices), greater emphasis needs to be placed on physical activity for health and wellbeing. There is also a growing body of evidence to support the benefits of unstructured outdoor physical play in nature.

Children's physical activity generally occurs in short intense bursts with periods of rest. Rest encompasses time where the body is able to recharge both mentally and physically. This includes activities such as relaxation, yoga or breathing exercises, quiet activities on a mat or at a table, or sleep.

Links to resources/activities**Key resources****Get Up & Grow resources**

- Includes information on promoting physical activity
www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources
- Brochures for families on physical activity
www.health.gov.au/internet/main/publishing.nsf/Content/phd-gug-brochures
- Indigenous specific resources – brochures
www.health.gov.au/internet/main/publishing.nsf/Content/gug-indig-brochures

Healthy Kids website

- Benefits of physical activity, guidelines, service policy, publications
www.healthykids.nsw.gov.au
- *Munch & Move* resources including fact sheets, *Fun Moves* DVD which includes youtube clips on each FMS, FMS App, music, 'Jack's FUNtastic Day' resources, 'FMS with Franky and Friends: A fundamental movement skills resource for pre-schoolers 3-5 years', 'Physical Activity for Babies and Toddlers', 'Fundamental Movement Skills in Action: FMS for 3-5 year olds', Sample Physical Activity and Small Screen Policy, and newsletter snippets
www.healthykids.nsw.gov.au/campaigns-programs/munch-move-resources.aspx

National Physical Activity Recommendations for Children 0-5 years

www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-phys-act-guidelines

See specific links below:

- 'Move and play every day' brochure
[www.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/\\$File/Move%20and%20play%20every%20day%200-5yrs.PDF](http://www.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/$File/Move%20and%20play%20every%20day%200-5yrs.PDF)
- 'Move and play every day' fact sheet
[www.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/\\$File/FS%200-5yrs.PDF](http://www.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/$File/FS%200-5yrs.PDF)

Other resources

- Raising Children Network has extensive information about physical activity for both learners and families
www.raisingchildren.net.au
 See specific links below:
 Physical play activities and information for families
http://raisingchildren.net.au/articles/activities_for_younger_kids.html/context/227
 Physical activity articles for families – ‘Obstacles to physical activity’, ‘Physical activity for younger children’, ‘Winter activities for children’, ‘Physical activity for children: how much and why?’, ‘Physical activity: getting children involved’
http://raisingchildren.net.au/physical_activity/toddlers_physical_activity.html
- Australian Government, Department of Health
 Downloadable book to support families with four year olds on health and wellness titled ‘Get set for life’
www.health.gov.au/internet/main/publishing.nsf/Content/Health_Kids_Check_GetSet4Life
- Early Childhood Australia website with information for families on health and well being for young children
www.earlychildhoodaustralia.org.au/parent-resources/childrens-health-nutrition/
- The Heart Foundation has information for families on creating an active lifestyle
<http://heartfoundation.org.au/>
 ‘Active families’ section includes a family activity tracker and 50 fun family activities
<http://heartfoundation.org.au/active-living/active-families>
- ACT Government ‘Kids at Play’ website
<http://health.act.gov.au/healthy-living/kids-play>
 Downloadable active play audit tool. It includes references to the NQS and EYLF
<http://health.act.gov.au/healthy-living/kids-play/early-childhood-professionals/active-play-audit-tool>
- NSW Health Northern Sydney Local Health District
 Has created additional downloadable resource named ‘Mini Moves FMS Activity Pack’ with activity cards, monitoring tools and chart under the physical activity tab
www.nslhd.health.nsw.gov.au/HealthInformation/HealthPromotion/Pages/Projects/Healthy_Weight/MunchMove/PhysicalActivity.aspx
- Australian Sports Commission (Australian Government) has physical activity resources of Yulunga Traditional Indigenous Games suitable for school years K-3 and 4-6
www.ausport.gov.au/participating/resources/indigenous/full_resource
- Secretariat of National and Indigenous Child Care (SNAICC)
 Has specific resources and research for Aboriginal and Torres Strait Islander people. These include factsheets or resources on Play and Learning in the Great Outdoors and Outdoor Aboriginal Games and Activities for Children
www.snaicc.org.au/category/health-healing-and-tucker/



TOPIC 14:**Environmental considerations when setting up physical activities – safety and supervision**

The physical environment (both indoors and outdoors) plays a critical role in the provision of age appropriate and safe activities that engage, support and stimulate children's physical health and wellbeing. Therefore services need to minimise risks to children by: implementing policies that promote safe learning environments, supervising all activities, ensuring sufficient space for activities, using safe and well maintained equipment, ensuring safe clothing and footwear, ensuring sun safe practices occur and providing developmentally appropriate equipment and resources. There are four principles of supervision: scanning, positioning, knowing and listening.

It is important to intentionally teach young children about becoming hazard-aware of their environment, rather than risk-averse and teaching them strategies to assess and modify their behaviour in relation to the environment.

**Links to resources/activities****Key resources****Get Up & Grow resources**

- Director/Coordinator Book Section 2 Physical Activity p 51 which includes information on promoting physical activity and safety
www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources

National Physical Activity Recommendations for Children 0-5 years

www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-phys-act-guidelines

See specific links below:

- 'Move and play every day' brochure
[www.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/\\$File/Move%20and%20play%20every%20day%200-5yrs.PDF](http://www.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/$File/Move%20and%20play%20every%20day%200-5yrs.PDF)
- 'Move and play every day' fact sheet
[www.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/\\$File/FS%200-5yrs.PDF](http://www.health.gov.au/internet/main/publishing.nsf/Content/F01F92328EDADA5BCA257BF0001E720D/$File/FS%200-5yrs.PDF)

Other resources

- Kidsafe NSW Inc fact sheets, resources on playground safety
www.kidsafensw.org/
- SunSmart Cancer Council NSW - join to be a SunSmart service
www.sunsmartnsw.com.au
- *Education and Care Services National Regulations* (2011)
acecqa.gov.au/national-regulations



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