

# Healthy Eating – 6 Ways to a Healthy Lifestyle



Family

## Introduction

At Fit Kidz we respect your child's health and family's cultural beliefs and we want to ensure that we cater appropriately for these as well as meeting our responsibilities in providing healthy and nutritious meals and snacks for the children every day.

## Related Policies

Physical Activity Policy  
Additional Needs Policy  
Immunisation & Disease Prevention Policy  
Interactions with Children Policy  
Medical Conditions Policy  
Health & Hygiene Policy & Procedures

## Sources

- Education and Care Services National Law
- Education and Care Services National Regulations
- National Quality Framework (NQF)
- Food Standards Australia New Zealand
- Food Standards Australia and New Zealand Act 1991
- Food Regulation 2004
- Munch & Move – NSW Health
- Infant Feeding Guidelines for Health Workers 2012
- Australian Breast Feeding Association Guidelines
- Staying Healthy in Child Care [https://www.nhmrc.gov.au/files/nhmrc/publications/attachments/ch55\\_staying\\_healthy\\_childcare\\_5th\\_edition\\_0.pdf](https://www.nhmrc.gov.au/files/nhmrc/publications/attachments/ch55_staying_healthy_childcare_5th_edition_0.pdf)

The service is committed to implementing the healthy eating key messages outlined in *Munch & Move* and to supporting the *National Healthy Eating Guidelines for Early Childhood Settings*.

Further, Fit Kidz Learning Centres recognises the importance of supporting families in providing healthy food and drink to their children. It is acknowledged that the early childhood setting has an important role in supporting families in healthy eating.

There may be occasions when you might wish to bring food from home for allergy or cultural beliefs, and we fully respect your requests to do so, however this will be at the Director's discretion as we also need to consider the health and safety of all other children also attending the service.

Early childhood services have a responsibility for the nutrition of children in their care.

For good health, well-being and a healthy weight, it's recommended that we eat:

- plenty of plant foods, such as fruit, vegetables, bread and other grain-based foods
- moderate amounts of animal foods (preferably lean and reduced fat), such as lean meat, reduced fat dairy products, chicken, fish and eggs
- small amounts (sometimes or not at all) of fatty, high sugar 'extra foods', such as lollies, chocolate, soft drinks, cakes, sweet biscuits, pies, sausage rolls, sugary drinks.

The *National Healthy Eating Guidelines for Early Childhood Settings* sets out the amounts of each of the five food groups that children and adults should eat every day.

## What can I do?

There are six simple ways our *Munch and Move* program encourages children and your family to lead a healthy lifestyle and get back on track:

### 1. Get active each day

- Regular physical activity is important for the healthy growth, development and well-being of children and young people.
- They should get at least 60 minutes of physical activity every day, including vigorous activities that make them 'huff and puff'.
- Parents should be good role models and have a positive attitude to being active.



Regs &  
NQS

- National Law Section 51(1)(a), 165, 167, 169; Regulation 77, 82, 83, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 136, 161, 162, 168, 177
- Links to National Quality Standard: 2.1; 2.1.2; 2.2; 2.2.1; 2.2.2; 2.2.3, 6.1, 6.1.2, 6.1.3

## 2. Choose water as a drink

- Water is the best way to quench your thirst – and it doesn't come with the added sugar found in fruit juices, soft drinks and other sweetened drinks.
- Reduced fat milk for children over two is a nutritious drink and a great source of calcium.
- Give kids whole fruit to eat, rather than offering fruit juices that have a lot of sugar.

## 3. Eat more fruit and vegetables

- Eating fruit and vegetables every day helps children grow and develop, boosts their vitality and can reduce the risk of many chronic diseases.
- Aim to eat two serves of fruit and five serves of vegetables every day.
- Have fresh fruit available as a convenient snack and try to include fruit and vegies in every meal.

## 4. Switch off the screen and get active

- Sedentary or 'still' time spent watching TV, surfing online or playing computer games is linked to kids becoming overweight or obese.
- Children and young people should spend no more than two hours a day on 'small screen' entertainment.
- Plan a range of active indoor and outdoor games or activities for your children, as alternatives to watching TV or playing on the computer.

## 5. Eat fewer snacks and select healthier alternatives

- Healthy snacks help children and young people meet their daily nutritional needs.
- Snacks based on fruit and vegetables, reduced fat dairy products and whole grains are the healthiest choices.
- Avoid snacks that are high in sugar or saturated fats – such as chips, cakes and chocolate – which can cause children to put on excess weight.

## 6. Encourage and support breastfeeding

Exclusive breastfeeding is recommended, with positive support for babies up to six months. Continued breastfeeding is recommended for at least twelve months and longer if the mother and baby wish. Fit Kidz is a breastfeeding friendly centre and we support mother's who wish to breastfeed, express or bottle feed at our service.

## Want more information about healthy eating?

Visit: [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

