

What's coming up?

National Tree Day

29 July: Encourage children to get their hands dirty by planting a tree (or perhaps some seedlings in the vegie garden!). Encourage families to plant trees at home or in their community.

Dental Health Week

1 – 7 August: Promote teeth cleaning, drinking water and the importance of calcium. There are many ways to explore dental health with kids and families.

World Breastfeeding Week

1 – 7 August: Consider reviewing your service's breastfeeding policies and guidelines. Invite families to have input.

Fruit and Veg Month



29 August – 23 September: Join schools in the fun of celebrating Fruit & Veg Month. Set a challenge for families to include at least one vegetable in lunchboxes each day or have a taste testing session! Encourage children to eat a rainbow of fruit and vegetables this month.

Manager's Message

Did you know...

Welcome to our Term 3 2022 newsletter.

I'm happy to share that our team is back working on Munch & Move after supporting the local response to COVID-19. Please feel free to reach out to your local support officer or me for assistance. We look forward to seeing you again soon!

Best wishes

Gavin Dart
Program Coordinator
Healthy Eating Active
Living Team
Health Promotion
Northern NSW Local
Health District
Mob - 0427 299 335
Email: [Gavin.Dart@
health.nsw.gov.au](mailto:Gavin.Dart@health.nsw.gov.au)

Munch & Move case studies are available online!

Munch & Move Support Officers have been impressed by the fantastic physical activity and healthy eating activities taking place in Munch & Move services across NSW. Some of these have been captured as short videos. Each is full of inspiration and fabulous ideas to share. They are available on the [Munch & Move website](#) (or Google Munch & Move case studies).

There are five case studies available. Here's an overview of two, but be sure to watch them all!

[St Stephen's Pre-school Bellevue Hill](#) showcases the healthy eating learning experience of 'rice mice'. Children assemble a mouse using rice, carrot, cucumber and sultanas to encourage them to eat healthily in a fun learning environment. They explain how other cooking experiences have stemmed from children's interest in books, and discusses the way information is fed back to families to encourage similar activities at home.

The Director of [Fit Kidz Learning Centre Vineyard](#) explains how Munch & Move has been incorporated into daily routines. Since starting the program, the service has seen an increase in requests for fruit and vegetables from the children. Families have also reported that children have become more willing to try new foods at home. They also discuss their 'Garden Club' initiative. This club explores healthy eating messages through fun activities such as seed planting, weekly garden harvests, collecting chicken eggs, cooking experiences and food related art and craft.

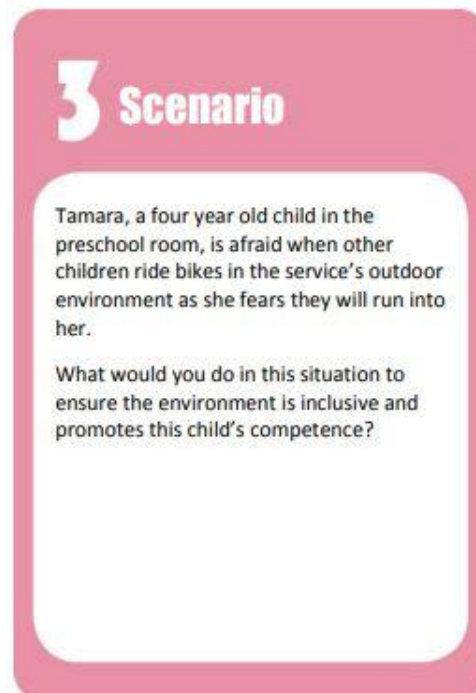
ACECQA 'Quest for Quality' Game

Quest for Quality is a trivia-style game for educators on the seven quality areas of the National Quality Standard (NQS). It brings fun into professional discussions and critical reflection, and tests knowledge of the NQS. As Munch & Move aligns to the NQS, it is an excellent program to demonstrate and document how your service meets quality standards.

Quality Area 3: 'The Physical Environment' can be used to reflect on how your service embeds Munch & Move into its core business. This activity provides a scenario to encourage reflection on how the service environment supports every child's participation in physical activity.

As well as scenarios, there are fun true/false or multiple-choice questions, too. Documenting the discussions that take place during gameplay will provide your service with evidence of critically reflecting on practice. This can then be used to inform content for your Quality Improvement Plan.

Consider playing the game at each staff meeting, focussing on one quality area each time. The game cards can be printed from the [ACECQA website](#), just search for 'Quest for Quality'.



How does Munch & Move relate to Quality Area 3: The physical environment?

Munch & Move encourages the use of a range of spaces, equipment and resources to engage children in active play experiences that help develop movement skills, coordination, balance, flexibility and strength.

Example: Mini Olympics – involve children in the planning and setting up of different activity stations to match your service environment such as long jump, balance beams, skittles, hurdles and beanbag throwing.

Example: Plan a range of active games that can be safely played indoors on rainy days, maximising the space and equipment available.

Mystery bag activity!

Despite being challenging, encouraging children to eat vegetables is important. Sensory exploration is a fun way to do this. Try this Mystery Bag activity:

- Put both usual and unusual vegetables into a pillowcase or bag.
 - Without looking inside, ask one child to feel inside and select one item (keeping their hand in the bag).
 - Ask questions about how the item feels such as: Is it round or long, is it smooth or rough, is it soft or hard, do you know what it might be?
 - Ask child to take item out and show the other children. Discuss: do you know what it is, what is the colour, how does it grow (on a bush, tree, underground), do you eat it raw or cooked, and what does it smell like?
 - Repeat until all the items have been used and each child has had a turn.
- You may like to do this activity with smaller groups.

Looking, listening, feeling, smelling and tasting vegetables can support and encourage children to taste them. It is a great example of an intentional teaching experience that scaffolds on children's existing knowledge.



Do you know the six Munch & Move key messages?

Munch & Move supports the healthy development of children birth to 5 years by promoting physical activity, healthy eating and reduced small screen time (e.g. watching TV or DVDs, playing on computers and small hand-held games devices). The six key messages that form the basis of Munch & Move are:

- *Encourage and support breastfeeding:* educators have a valuable role in encouraging and supporting mothers who wish to breastfeed and in providing information to all families on appropriate first foods and drinks
- *Choose water as a drink:* water is the best drink to quench thirst. Young children should be encouraged to drink plenty of water every day
- *Eat more fruit and vegetables:* fruits and vegetables are a rich source of vitamins, minerals and dietary fibre. Create opportunities for nutrition learning experiences to tantalise children's taste buds
- *Choose healthier snacks:* snacks are as important as meals in meeting young children's nutritional needs. Support children to enjoy snacks from the five food groups including fruits, vegetables, dairy and wholegrain cereal-based foods
- *Get active every day:* children should be active every day in as many ways as possible. Create indoor and outdoor play spaces that invite children to be active and have fun
- *Turn off the screen and get active:* children under two years of age should not spend any time watching screens and children 2-5 years should spend no more than one hour per day. Screen use in services should be for educational purposes only. Share information about screen time limits with families.

There are endless opportunities to plan and scaffold these messages into everyday learning experiences that suit each child's identity, interests and abilities. Work together with other educators to see what ideas you can come up with!

Book Nook

'A Fruit is a Suitcase for Seeds' by Jean Richards

Themes: Gardening, fruit, nutrition, nature.

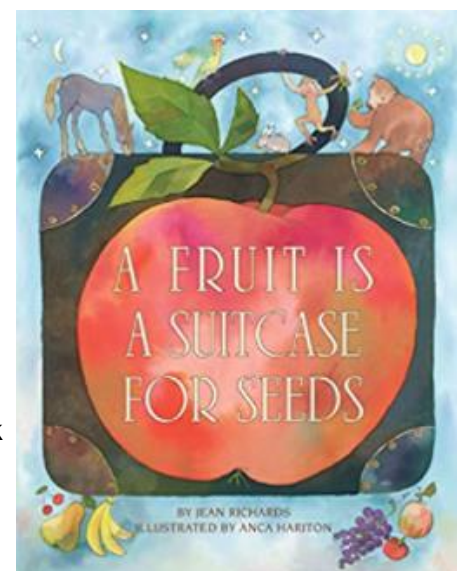
Book Brief: This is a wonderful introduction to the different types of seeds found in fruit. The book is built on the idea that many seeds travel inside fruits. The fruit is like a suitcase for the seeds. It protects them on their trip.

While We Read: Pause before you read "When you put a seed in the ground" Before you read the words ask children to tell you what is happening in the pictures. Pause before reading "Some seeds travel on the wind" and ask, what do you think is happening to the dandelion seeds?

Illustrations: Use the illustrations to set a reading focus for children by having them notice all the "fruit suitcases" so they can discuss the different types (e.g. pit, small seeds, large seeds, seeds on the inside, seeds on the outside). Hold up *A Fruit Is a Suitcase for Seeds* and point to the apple. Ask children what they think is inside the suitcase? Once children respond, flip the book to show the back cover. Ask children what they think the suitcase is protecting?

After: Discuss the book with children. Ask questions like, did you like the book? Which part did you like best? Why do you think the author thinks the fruit is a suitcase? How do you think animals help seeds travel around?

Turn to the question-and-answer page at the back of the book. Say, 'these are questions that some children asked the author about seeds. Let's read some'. Read a few entries, especially the one about seeds in your tummy.



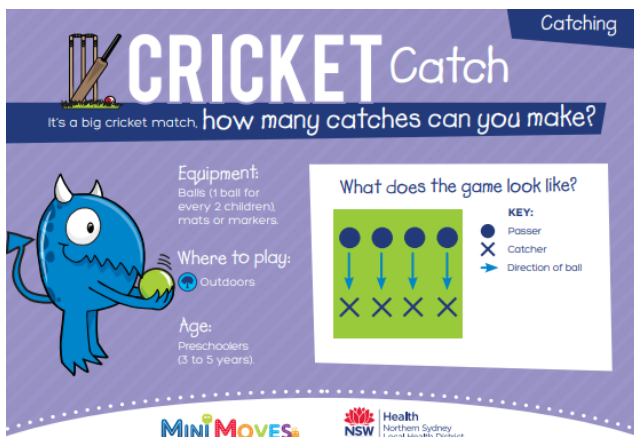
Mini Moves – Catching

Get moving with **MINI MOVES**

Tick-Tock, Beat the Clock!

Tick-tock, catch the ball and beat the clock!

1. Children stand in a circle like a clock.
2. One child is the 'tick-tock' in the middle with the ball.
3. The tick-tock throws the ball to a child. The children then throw and catch the ball around the circle one by one, to the child next to them saying 'tick-tock, tick-tock (child's name), can you beat the clock'.
4. The tick-tock runs around the outside of the circle trying to beat the clock (ball), stopping at the child who started with the ball.
5. The game continues until each child has been the tick tock.



Cricket Catch

It's a big cricket match, how many catches can you make?

1. Tell children that they are participating in a big cricket match. Ask them to form pairs.
2. Allocate one child as the catcher and other the passer.
3. The passer of each pair aims and throws the ball to their catcher calling 'how's that!' each time they catch it.
4. Pairs keep count of how many times they catch it out of ten throws. Pairs then swap roles.

Contact us – we are here to help!

Contacting your local support officer			
Remember to contact us if your service needs support with implementing Munch & Move			
Area	Support Officer	Phone	Email
Clarence Valley	Kate Collins	6640 0154	kate.collins@health.nsw.gov.au
Ballina/Byron	Maxine Molyneux	6639 9142	maxine.molyneux@health.nsw.gov.au
Richmond Valley	Martina Pattinson	6620 7668	martina.pattinson@health.nsw.gov.au
Tweed Valley	Corinne Martin	6620 7447	corinne.martin@health.nsw.gov.au