



Padthaway Preschool

Healthy Eating Policy

Rationale

This policy promotes safe and healthy eating habits, aligning with the Right Bite Strategy and Eat Well SA - Healthy Eating Guidelines (2004).

Early childhood is an important time for establishing lifelong, healthy eating habits which can benefit the children in four key ways:

1. Short term: maximises growth, development, activity levels and good health.
2. Long term: minimises the risk of diet related diseases later in life.
3. Good nutrition: contributes to good overall health and wellbeing, vital for high engagement in learning
4. Oral health and development: eating healthy, crunchy foods supports this as recommended by speech pathologists and dentists

At Padthaway we model and encourage healthy eating behaviours and ensure food and drink are consumed in a safe, supportive environment for all children. This policy is used to ensure parents feel well informed and supported when supplying healthy foods for their children and the positive impact this has for children's growth and learning. Our Preschool is a breastfeeding friendly site for anyone visiting with their infant and we share information about the importance of breakfast, regular meals and snacks from healthy food sources for children of all ages to our Preschool families.

Curriculum

Curriculum planning and implementation will:

- ▶ be consistent with the Dietary Guidelines for Children and Adolescents in Australia, and the *Australian Guide to Healthy Eating*
- ▶ include activities that provide children with knowledge, attitudes and skills to make informed food choices and learn about the variety of foods available for good health
- ▶ include opportunities for children to develop practical food skills like preparing and cooking foods
- ▶ integrate nutrition across the Early Years Learning Framework where possible, relating to the **Learning Outcome 3: 'Children have a strong sense of wellbeing'** and NQS.

The Learning Environment

Preschool children will:

- ▶ Have UV filtered rain water available at all times as well as filled water bottles from home and be encouraged to drink water regularly throughout the day
- ▶ Have multiple scheduled eating times throughout each day
- ▶ Eat in a social environment with staff who model healthy eating behaviours
- ▶ Engage with the site edible garden, planting, growing and using fruits and vegetables in cooking
- ▶ Be involved in the care of the site chickens (6), checking their water, feeding them grain and food scraps and collecting fresh eggs to be stored correctly and then used in cooking

Food Supply

Our preschool:

- ▶ Encourages healthy food and drink choices for children.
- ▶ Ensures healthy food choices are promoted and are culturally sensitive and inclusive
- ▶ Ensures a healthy food supply for preschool activities and events
- ▶ Distributes nutrition information and promotional materials about healthy eating

Food and drinks provided to children:

- ▶ Parents and carers are encouraged to provide healthy food and drink choices
- ▶ Staff will ensure that food provided to children by the preschool is in line with the Right Bite strategy.

Food safety

Our preschool:

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- ▶ promotes and teaches food safety to children as part of the curriculum
- ▶ ensure that no whole nut or nut-based products are supplied by staff to avoid adverse food reactions
- ▶ ensures all food provided by the site or used in learning experiences is fresh, sealed or within expiration date (dependent on food type)
- ▶ provides adequate hand washing facilities for everyone
- ▶ promotes and encourages correct hand washing procedures with children and staff.

References

- ▶ Australian Government Department of Health and Ageing – Get up and Grow Healthy Eating & Physical Activity for Early Childhood.
- ▶ Right Bite - <https://healthy-kids.com.au/food-nutrition/nutrition-philosophy/>
- ▶ NQS: <https://www.acecqa.gov.au/nqf/national-quality-standard/quality-area-2-childrens-health-and-safety>

Link to National Quality Standards

- 2.1 Each child's health is promoted.
- 2.1.1 Each child's health needs are supported.
- 2.2 Healthy eating and physical activity are embedded in the program for children.
- 2.2.1 Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate.