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Nutrition, Oral Health and Active Play Policy

Purpose

Ewing Kindergarten acknowledges the importance of healthy eating, oral health and physical activity and its contribution to good health and overall wellbeing.

This policy will provide guidelines to:

- promote a healthy lifestyle to children, educators and families at the kindergarten, including eating nutritious food, the importance of oral health and participating in physical activity and active play.
- ensure national and state guidelines and recommendations about nutrition, oral health and physical activity are met
- ensure that the dietary, developmental and cultural needs of children and families are taken into consideration when planning menus and implementing nutrition, oral health and active play activities
- ensure the safe storage and preparation of food.

Policy Statement

Values

Ewing Kindergarten is committed to:

- creating policies and practices that promote a healthy lifestyle and ensure national and state guidelines and recommendations about safe food preparation, nutrition, oral health and physical activity are met
- ensuring the buildings, grounds and facilities enable healthy eating, oral health and active play
- creating a culture in which all community members are respectfully supported to eat healthily, maintain good oral health and be active
- providing children with formal and informal opportunities to learn about food, nutrition, oral health and health messages about physical activity
- ensuring staff and educators have access to resources and support for their own healthy eating, oral health and physical activity
- engaging families, the service community and expert organisations in the promotion and implementation of healthy eating, oral health and active play initiatives.

Scope

This policy applies to the approved provider, persons with management or control, nominated supervisor, persons in day-to-day charge, early childhood teachers, educators, staff, students, volunteers, parents/guardians, children, and others attending the programs and activities of Ewing Kindergarten, including during offsite excursions and activities.

Background and Legislative Requirements and Guiding Documents

Background

There are many benefits to promoting a healthy lifestyle in early childhood education and care settings, including the positive impact this has on each child's learning and development. Being made aware of positive eating behaviour, oral hygiene practices and the importance of physical activity from an early age can instil good habits that will remain throughout a person's life. Staff/educators are well placed to build this awareness among children and their families, while respecting lifestyle choices, and cultural and religious values.

As a health promoting service it is recognised that every member of the service impacts on children's health. Children, staff, educators and families can be supported to eat healthily, maintain good oral health and be physically active through teaching and learning opportunities, policies, creating a safe and healthy physical and social environment and developing community links and partnerships.

Nutrition

The foods we eat provide our body with the nutrients we need to stay healthy. Good nutrition is the balanced eating of a variety of foods and is especially important for children as they require a large amount of nutrients for growth and development. Research has shown that, when offered a variety of healthy foods, children can and do make good choices. It is also important to provide preschool children with a good foundation in healthy eating, as most children have formed lifelong eating habits before they reach school age.

Oral health

Tooth decay is Australia's most prevalent health problem despite being largely preventable. It is important to note that oral health promotion is complementary to promoting healthy eating.

Oral health behaviours have a major influence on children's health and wellbeing and a direct impact on their growth and development. Oral diseases can negatively affect individuals through pain, discomfort, general health and quality of life. Poor oral health can limit a child's capacity in biting, chewing, smiling, speaking, and psychosocial wellbeing. The main oral health condition experienced by children is tooth decay affecting over half of all Australian children, making it five times more prevalent than asthma.

Active Play

Active play (*refer to Definitions*) develops a strong and healthy body, builds motor and co-ordination skills, creates a sense of wellbeing and helps protect from disease. Active play is about moving, being and doing.

A strong sense of health and wellbeing, supported by good nutrition, oral health and an active lifestyle, can provide children with confidence, energy and optimism that will contribute to their ability to concentrate, co-operate and learn (Belonging, Being & Becoming – The Early Years Learning Framework for Australia, p30 – refer to Sources). Learning about healthy lifestyles, including nutrition, oral health and active play, links directly to Outcome 3 in both the Early Years Learning Framework and the Victorian Early Years Learning and Development Framework (refer to Sources).

The Australian Government has guidelines, recommendations and resources for healthy eating and physical activity in early childhood settings including the *National Health and Medical Research Council's Australian Dietary Guidelines and Infant Feeding Guidelines*, the *Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood resources* and the *National Physical Activity Recommendations for Children 0-5 Years* (*refer to Sources*). Practical, healthy eating advice is also available to early childhood services and schools via a

telephone advice line: the *Victorian Healthy Eating Advisory Service* (*Healthy Eating Advisory Service – refer to Sources*), run by *Nutrition Australia*. Early childhood education and care services can also register and implement the *Achievement Program* (*refer to Sources*). This program is designed to create safe, healthy and friendly environments for children, staff educators and families, by promoting physical, mental and social health and wellbeing.

Legislative Requirements

Relevant legislation and standards include but are not limited to:

- Australia New Zealand Food Standards Code
- Child Wellbeing and Safety Act 2005 (Vic)
- Disability Discrimination Act 1992 (Cth)
- Education and Care Services National Law Act 2010
- Education and Care Services National Regulations 2011: Regulations 77–78, 79–80 (if the service provides food), 168
- Equal Opportunity Act 2010 (Vic)
- Food Act 1984 (Vic)
- National Quality Standard, Quality Area 2: Children’s Health and Safety
 - Standard 2.2: Healthy eating and physical activity are embedded in the program for children
 - o Element 2.2.1: Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child
 - o Element 2.2.2: Physical activity is promoted through planned and spontaneous experiences and is appropriate for each child

Occupational Health and Safety Act 2004

Strategies for Policy Implementation/ Procedures

The most current amendments to listed legislation can be found at:

Victorian Legislation – Victorian Law Today: www.legislation.vic.gov.au

Commonwealth Legislation – Federal Register of Legislation: www.legislation.gov.au

The Approved Provider and persons with management or control are responsible for:

- ensuring that the service environment and educational program supports children and families to make healthy choices for eating and active play (*refer to Definitions*)
- Embedding opportunities to learn about healthy eating and oral health and the importance of physical activity in the educational program, throughout the year
- Providing adequate supervision (*refer to Definitions*) for all children at all times, including at mealtimes
- Ensuring that cultural and religious practices/requirements of families are accommodated to support children’s learning and development
- providing ongoing information, resources and support to families, to assist in the promotion of optimum health, including oral health, for young children (refer to Sources)

- Recognising families, educators and staff as role models and encouraging them to bring/use foods and drinks that are in line with the service's *Nutrition, Oral Health and Active Play Policy*
- Providing and promoting healthy, nutritious food for snacks/meals, including fruits and vegetables in line with the service's *Nutrition, Oral Health and Active Play policy*, where applicable, and discouraging sometimes/discretionary food options
- ensuring the implementation of adequate health and hygiene procedures, and safe practices for handling, preparing and storing food, to minimise risks to children being educated and cared for by the service (Regulation 77) (*refer to Hygiene Policy and Food Safety Policy*)
- ensuring measures are in place to prevent cross-contamination of any food given to children with diagnosed food allergies and/or diabetes (*refer to Anaphylaxis Policy, Asthma Policy, Diabetes Policy and Food Safety Policy*)
- Ensuring that all ECT, educators/staff are aware of, and plan for, the dietary needs of all children
- ensuring that all educators/staff comply with the Food Safety Act
- ensuring that all educators/staff are aware of a child's food allergies and/or other medical conditions on enrolment or on initial diagnosis
- ensuring that all educators/staff are aware of, and plan for, the dietary needs of children diagnosed with diabetes (*refer to Diabetes Policy*)
- providing healthy suggestions for morning/afternoon tea and/or lunchboxes for children
- ensuring that fresh drinking water (preferably tap water) is readily available at all times, and reminding children to drink water throughout the day, including at snack/lunch times (Regulation 78(1)(a))
- Ensuring oral hygiene practices are undertaken at the service where appropriate
- ensuring that food and drinks are available to children at frequent and regular intervals throughout the day (Regulation 78(1)(b))
- Ensuring educators and staff are supported to access a range of resources and professional development to increase their capacity to promote healthy eating, oral health and active play initiatives for children
- Registering and engaging the service with the Achievement Program (*refer to Sources*)
- Providing families with information and strategies to promote healthy eating, oral health and active play and how to access relevant services (including local dental clinics)
- Developing links with local and regional health services, community organisations and businesses that provide expertise, resources and support for healthy eating, oral health and active play
- Ensuring that food and drinks are not used as an incentive or reward
- Ensuring staff and educators are supported by having healthy food options in the staff room, for staff meetings and for professional learning (if applicable)
- Ensuring that discretionary food and drinks do not appear in any sponsorship, fundraising or marketing activities
- Considering this policy when organising excursions, service events and any sponsorship or marketing opportunities
- Ensuring celebrations and other service events promote healthy food options and limit discretionary options
- Developing and reviewing guidelines for celebrations, fundraising activities and other service events in consultation with educators, staff, parents/guardians and families to focus on healthy alternatives
- Ensuring the layout of the grounds and buildings is inclusive of the diversity and abilities of all children and encourages physical activity and movement

- Ensuring recommendations about physical activity and screen time from the Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 Years) are met
- Ensuring that children are taught how to use equipment safely
- Ensuring service facilities and equipment enable active travel and road safety for children, staff, educators and families
- Supporting, promoting and encouraging active travel to and from the service (*Regulations 100 -102*)
- Using and promoting local parks, bike paths and recreation facilities, where appropriate, to encourage physical activity.
- Ensuring space and facilities are available to allow staff and educators to store and prepare healthy food safely
- Ensuring healthy eating, oral health and active play information and policy requirements are included in the educator and staff induction
- Ensuring educators and staff are supported to be physically active and minimise sedentary behaviour, both inside and outside of work hours
- Supporting students and volunteers to comply with this policy while at the service

The Nominated Supervisor and persons in day-to-day charge are responsible for:

- ensuring that the kindergarten environment and the educational program support children and families to make healthy choices for eating, oral health and active play
- Embedding opportunities to learn about healthy eating and oral health and the importance of physical activity in the educational program, throughout the year
- Ensuring that age-appropriate adult-guided and child-initiated active play is planned on a daily basis across all age groups
- Discussing healthy eating choices with children and introducing the concept of ‘sometimes’ and everyday foods and drinks
- Providing a variety of cooking and food experiences that support children to develop food literacy and positive habits relating to food
- Role-modelling positive eating, drinking and physical activity behaviours, promoting a healthy relationship with food and interacting with children at meals times
- Providing a positive eating environment and sitting and interacting with children at mealtimes
- Providing adequate supervision (*refer to Definitions*) for all children at all times, including at mealtimes
- Encouraging children to be independent at snack/mealtimes e.g. opening lunchboxes, pouring drinks, self-feeding, serving and using utensils in a culturally-sensitive way
- Ensuring that cultural and religious practices/requirements of families are accommodated to support children’s learning and development
- Providing ongoing information, resources and support to families, to assist in the promotion of optimum health, including oral health and active play, for young children (*refer to Sources*)
- Recognising families, educators and staff as role models and encouraging them to bring/use foods and drinks that are in line with the service’s *Nutrition, Oral Health and Active Play Policy*
- Providing and promoting healthy, nutritious food for snacks/meals, including fruits and vegetables in line with the service's *Nutrition, Oral Health and Active Play policy*, where applicable, and discouraging sometimes/discretionary food options

- ensuring the implementation of adequate health and hygiene procedures, and safe practices for handling, preparing and storing food, to minimise risks to children being educated and cared for by the service (Regulation 77) (refer to Hygiene Policy and Food Safety Policy)
- ensuring measures are in place to prevent cross-contamination of any food given to children with diagnosed food allergies and/or diabetes (refer to Anaphylaxis Policy, Asthma Policy, Diabetes Policy and Food Safety Policy)
- Ensuring that all ECT, educators/staff are aware of, and plan for, the dietary needs of all children
- ensuring that all educators/staff comply with the Food Safety Act
- ensuring that all educators/staff are aware of a child's food allergies and/or other medical conditions on enrolment or on initial diagnosis
- ensuring that all educators/staff are aware of, and plan for, the dietary needs of children diagnosed with diabetes (refer to Diabetes Policy)
- ensuring that fresh drinking water (preferably tap water) is readily available at all times, and reminding children to drink water throughout the day, including at snack/lunch times (Regulation 78(1)(a)).
- Ensuring that children can readily access their own clearly labelled drink containers
- Ensuring oral hygiene practices are undertaken at the service where appropriate
- Providing opportunities for children to learn about, and develop skills for oral health through the educational program, including age-appropriate tooth brushing
- ensuring that food and drinks are available to children at frequent and regular intervals throughout the day (Regulation 78(1)(b))
- Providing food and drinks at regular intervals, and encouraging children to actively participate in, and enjoy, snack/mealtimes without feeling rushed
- Ensuring educators and staff are supported to access a range of resources and professional development to increase their capacity to promote healthy eating, oral health and active play initiatives for children
- registering the service with the Victorian Prevention and Health Promotion Achievement Program (refer to Sources)
- Providing families with information and strategies to promote healthy eating, oral health and active play and how to access relevant services (including local dental clinics)
- Developing links with local and regional health services, community organisations and businesses that provide expertise, resources and support for healthy eating, oral health and active play
- Ensuring that food and drinks are not used as an incentive or reward
- Ensuring staff and educators are supported by having healthy food options in the staff room, for staff meetings and for professional learning (if applicable)
- Ensuring that discretionary food and drinks do not appear in any sponsorship, fundraising or marketing activities
- Considering this policy when organising excursions, service events and any sponsorship or marketing opportunities
- Ensuring celebrations and other service events promote healthy food options and limit discretionary options
- developing and reviewing guidelines for celebrations, fundraising activities and other kindergarten events in consultation with educators, staff, parents/guardians and families to focus on healthy alternatives
- Ensuring the layout of the grounds and buildings is inclusive of the diversity and abilities of all children and encourages physical activity and movement

- Ensuring recommendations about physical activity and screen time from the Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 Years) are met
- Ensuring children are not sedentary or inactive for more than 1 hour at a time, with the exception of sleeping
- Supporting children to develop collaboration skills during play
- Ensuring that children are taught how to use equipment safely
- Planning and providing active play and movement experiences that are age-appropriate, inclusive of diversity and abilities and support children to develop fundamental movement skills
- Considering opportunities for children to be physically active indoors, particularly in adverse weather conditions
- Ensuring service facilities and equipment enable active travel and road safety for children, staff, educators and families
- Supporting, promoting and encouraging active travel to and from the service (*Regulations 100 -102*)
- Using and promoting local parks, bike paths and recreation facilities, where appropriate, to encourage physical activity.
- Ensuring space and facilities are available to allow staff and educators to store and prepare healthy food safely
- Ensuring healthy eating, oral health and active play information and policy requirements are included in the educator and staff induction
- Ensuring educators and staff are supported to be physically active and minimise sedentary behaviour, both inside and outside of work hours
- Supporting students and volunteers to comply with this policy while at the service

Certified Supervisors and other educators are responsible for:

- ensuring that the kindergarten environment and the educational program supports children and families to make healthy choices for eating, oral health and active play
- Embedding opportunities to learn about healthy eating and oral health and the importance of physical activity in the educational program, throughout the year
- Ensuring that age-appropriate adult-guided and child-initiated active play is planned on a daily basis across all age groups
- Discussing healthy eating choices with children and introducing the concept of ‘sometimes’ and everyday foods and drinks
- Providing a variety of cooking and food experiences that support children to develop food literacy and positive habits relating to food
- Role-modelling positive eating, drinking and physical activity behaviours, promoting a healthy relationship with food and interacting with children at meals times
- Providing a positive eating environment and sitting and interacting with children at mealtimes
- Providing adequate supervision (*refer to Definitions*) for all children at all times, including at mealtimes
- Encouraging children to be independent at snack/mealtimes e.g. opening lunchboxes, pouring drinks, self-feeding, serving and using utensils in a culturally-sensitive way
- Ensuring that cultural and religious practices/requirements of families are accommodated to support children’s learning and development

- Providing ongoing information, resources and support to families, to assist in the promotion of optimum health, including oral health and active play, for young children (*refer to Sources*)
- complying with the kindergarten's Nutrition and Active Play Policy and with the Food Safety Act
- implementing adequate health and hygiene procedures, and safe practices for handling, preparing and storing food, to minimise risks to children (refer to Hygiene Policy and Food Safety Policy)
- implementing measures to prevent cross-contamination of any food given to children with diagnosed food allergies and/or diabetes (refer to Anaphylaxis Policy, Asthma Policy, Diabetes Policy and Food Safety Policy)
- being aware of a child's food allergies and/or other medical conditions on enrolment at the kindergarten or on initial diagnosis
- being aware of, and planning for, the dietary needs of children diagnosed with diabetes (refer to Diabetes Policy)
- discussing healthy eating choices with children, introducing the concept of 'sometimes' foods and drinks, and role-modelling positive behaviours exploring and discussing diverse cultural, religious, social and family lifestyles
- considering this policy when organising excursions and kindergarten events
- supporting students and volunteers to comply with this policy while at the kindergarten
- keeping parents/guardians informed of current information relating to healthy eating, oral health and active play
- ensuring that fresh drinking water (preferably tap water) is readily available at all times, and reminding children to drink regularly throughout the day, including at snack/meal times
- ensuring that children can readily access their own clearly labelled drink containers (where this is a service practice)
- Ensuring oral hygiene practices are undertaken at the service where appropriate
- providing food and drinks at regular intervals, and encouraging children to actively participate in, and enjoy, snack/meal times without feeling rushed
- providing opportunities for children to learn about, and develop skills for oral health through the educational program
- providing adequate supervision (refer to Definitions) for all children during meal/snack times
- Ensuring that food and drinks are not used as an incentive or reward
- encouraging children to be independent at snack/meal times e.g. opening lunchboxes, pouring drinks, self-feeding, serving and using utensils in a culturally-sensitive way
- planning and providing outdoor, active play that is stimulating, promotes skill development, considers safety issues and provides adequate supervision (refer to Definitions)
- considering opportunities for children to be physically active indoors, particularly in adverse weather conditions
- Planning and providing active play and movement experiences that are age-appropriate, inclusive of diversity and abilities and support children to develop fundamental movement skills
- acting as positive role models by engaging in physical activity
- Ensuring recommendations about physical activity and screen time from the Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 Years) are met
- Ensuring children are not sedentary or inactive for more than 1 hour at a time, with the exception of sleeping

- Supporting children to develop collaboration skills during play
- Ensuring that children are taught how to use equipment safely
- Supporting, promoting and encouraging active travel to and from the service (*Regulations 100 -102*)
- Using and promoting local parks, bike paths and recreation facilities, where appropriate, to encourage physical activity.
- promoting safe behaviour through daily practice as part of the program.

Parents/Guardians are responsible for:

- complying with the requirements of this policy
- Discussing healthy eating choices with children and introducing the concept of ‘sometimes’ and everyday foods and drinks
- Role-modelling positive eating, drinking and physical activity behaviours, promoting a healthy relationship with food and interacting with children at meals times
- providing details of specific nutritional/dietary requirements, including the need to accommodate cultural or religious practices or food allergies, on their child’s enrolment form, and discussing these with the Nominated Supervisor prior to the child’s commencement at the service, and if requirements change over time (refer to Anaphylaxis Policy, Asthma Policy and Diabetes Policy)
- communicating regularly with educators/staff regarding children’s specific nutritional requirements and dietary needs, including food preferences
- encouraging their child/ren to drink an adequate amount of water (preferably tap water)
- Providing and promoting healthy, nutritious food for snacks/meals, including fruits and vegetables in line with the service's *Nutrition, Oral Health and Active Play policy*, where applicable, and discouraging sometimes/discretionary food options
- providing healthy, nutritious food, including fruits or vegetables for sharing at morning or afternoon tea, where applicable
- providing nutritious food and drinks for celebrations, fundraising activities and service events, consistent with service policy
- Dressing their child/ren so they can engage safely in active play
- encouraging children to exercise by engaging in active play, and walking or riding a bike to the kindergarten where appropriate

Volunteers and students, while at the service, are responsible for

- following this policy and its procedures.

Related Policies and Procedures

- Anaphylaxis and Allergic Reaction Policy
- Asthma Policy
- Curriculum Development Policy
- Dealing with Infectious Diseases Policy
- Diabetes Policy
- Enrolment and Orientation
- Excursions and Service Events Policy
- Food Safety Policy
- Hygiene Policy
- Incident, Injury, Trauma and Illness Policy
- Inclusion and Equity Policy
- Road Safety and Safe Transport Policy
- Sun Protection Policy

References and Further Sources

- *Australian Dietary Guidelines* 2019, National Health and Medical Research Council:
<https://www.eatforhealth.gov.au/guidelines>
- *Belonging, Being & Becoming – The Early Years Learning Framework for Australia*:
<http://education.gov.au/early-years-learning-framework>
- Better Health Channel: www.betterhealth.vic.gov.au
- Cancer Council Australia – for information on sun safety: www.cancer.org.au/sunsmart
- Cavallini, I and Tedeschi, M (eds) (2008), *The Languages of Food: recipes, experiences, thoughts*. Reggio Children Publications
- Dental Health Services Victoria – includes resources on oral health: www.dhsv.org.au
- Food Safety Victoria, Department of Health – Food Safety and Regulation: 1300 364 352
www2.health.vic.gov.au/public-health/food-safety
- Food Standards Australia New Zealand – for information on food safety and food handling:
www.foodstandards.gov.au
- Department of Health (2013) *Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood*:
www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources
- *The Achievement Program* is a health and wellbeing initiative for early childhood services, schools and workplaces: www.achievementprogram.health.vic.gov.au
- Healthy Together Healthy Eating Advisory Service (HEAS) Contact HEAS:
<http://heas.healthytogether.vic.gov.au/>
- Kids and Traffic – Early Childhood Road Safety Education Program: www.kidsandtraffic.mq.edu.au
- Kidsafe: the Child Accident Prevention Foundation of Australia – for information on preventing childhood accidents in children under the age of 15 years: www.kidsafe.org.au
- Nitzke, S, Riley, D, Ramming, A and Jacobs, G (2010), *Rethinking Nutrition: Connecting Science and Practice in Early Childhood Settings*. Redleaf Press, St Paul, USA

- Oberklaid, F (2004), *Health in Early Childhood Settings: From Emergencies to the Common Cold*. Pademelon Press, NSW
- National Health and Medical Research Council, *Infant Feeding Guidelines: information for health workers* (2012):
<https://www.nhmrc.gov.au/about-us/publications/infant-feeding-guidelines-information-health-workers>
- Australia's Physical Activity and Sedentary Behaviour Guidelines for Adults:
<https://www1.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-phys-act-guidelines#npa1864>
- National Health and Medical Research Council, *Staying Healthy: Preventing infectious diseases in early childhood education and care services* (5th edition, 2013):
<https://www.nhmrc.gov.au/about-us/publications/staying-healthy-preventing-infectious-diseases-early-childhood-education-and-care-services>
- SNAC – a website that provides activities, recipes, fact sheets and discussion boards to support early childhood educators. Developed by Edith Cowan University: <http://snacwa.com.au/>
- Victorian Early Years Learning and Development Framework:
<http://www.education.vic.gov.au/Documents/childhood/providers/edcare/veyldframework.pdf>

Evaluation

In order to assess whether the values and purposes of the policy have been achieved, the approved provider will:

- regularly seek feedback from educators, staff, parents/guardians, children, management and all affected by the policy regarding its effectiveness
- monitor the implementation, compliance, complaints and incidents in relation to this policy
- keep the policy up to date with current legislation, research, policy and best practice
- revise the policy and procedures as part of the service's policy review cycle, or as required
- changes to this policy or its procedures, unless a lesser period is necessary due to risk (*Regulation 172 (2)*).

Definitions

The terms defined in this section relate specifically to this policy.

Active play: Play that involves large muscle-based activities that are essential for a child's social, emotional, cognitive and physical growth and development incorporating:

- child-initiated active play, which is developed by the child through exploration of the outdoor environment, equipment and games
- adult-guided active play which encourages children's physical development through promoting movement skills in a non-competitive environment
- physical activity, which includes sport, incidental exercise and many forms of recreation.
- active travel, which includes walking, cycling, scootering or any similar transport where physical activity is used to travel.

Adequate supervision: (In relation to this policy) **supervision** entails all children (individuals and groups) in all areas of the service, being in sight and/or hearing of an educator at all times including during toileting, sleep, rest and transition routines. Services are required to comply with the legislative requirements for educator-to-child ratios at all times. Supervision contributes to protecting children from hazards that may emerge in play, including hazards created by the equipment used.

Adequate supervision refers to constant, active and diligent supervision of every child at the service.

Adequate supervision requires that educators are always in a position to observe each child, respond to individual needs, and immediately intervene if necessary. Variables affecting supervision levels include:

- number, age and abilities of children
- number and positioning of educators
- current activity of each child
- areas in which the children are engaged in an activity (visibility and accessibility)
- developmental profile of each child and of the group of children
- experience, knowledge and skill of each educator
- need for educators to move between areas (effective communication strategies).

'Discretionary' foods and drinks: Food and drink items that are high in fat, sugar and salt, and that contain minimal vitamins, minerals or fibre. These can also be referred to as 'sometimes' foods and drinks. Examples of discretionary food and drinks include:

- chocolate, confectionery, jelly
- sweet biscuits, high fat/salt savoury biscuits, chips
- high sugar/high fat cakes and slices
- cream, ice cream
- deep fried foods (e.g. hot chips) and pastry-based foods (pies, sausage rolls and pasties)
- most fast food and takeaway foods
- some processed meats (e.g. sausages, frankfurts/hot dogs, salami, strasbourg, devon, some commercial chicken nuggets and fish fingers)
- soft drinks, fruit juice and fruit drinks, cordial, sports drinks, energy drinks, flavoured milk and flavoured mineral water

Healthy eating: Describes eating patterns that provide all the recommended nutrients for growth and development, and good health and wellbeing, now and in the future. It also refers to preparing, serving and eating food in a way that recognises its importance as a social and cultural activity.

Nutrition: The process of providing or receiving nourishing substances.

Oral health: The absence of active disease in the mouth. Oral health is fundamental to overall health, wellbeing and quality of life. A healthy mouth enables people to eat, speak and socialise without pain, discomfort or embarrassment.

Food Literacy: Food literacy is "a collection of inter-related knowledge, skills and behaviours required to plan, manage, select, prepare and eat food to meet (dietary) needs"

Authorisation

This policy was adopted by the approved provider of Ewing Kindergarten on 15/07/2023

REVIEW DATE: 15/07/2024