

# Healthy Food and Physical Activity - Nominated Supervisor

## NQS 2.1.3 Healthy lifestyle

Name of the person conducting the checklist: \_\_\_\_\_ Date: \_\_\_\_\_

### Children's health and wellbeing

Do you regularly evaluate menus to ensure they're consistent with Australian Dietary Guidelines or Infant Feeding Guidelines?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do you ensure that food provided to children between snack/meal times is on the service menu?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do you ensure enough food is provided so children are not hungry?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
If families provide food, do you encourage them to provide healthy food?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do you ensure utensils and furniture provided are suitable for children's age?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do you model healthy eating at all times eg never eat unhealthy food in front of children?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do you ensure educators never use food to reward or punish children?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

### Engagement with families

Do you make sure families can access information about healthy eating and physical activity recommendations in the parent library?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
If service provides food, is there a menu displayed where families can easily see it?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do you notify families if menu changes or food provided is inconsistent with menu?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there is a comfortable, private space at the service where mothers can breastfeed?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do you invite families to lead healthy/cultural cooking activities or dance/music/drama/sport activities with children?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do you regularly ask families to update information about their child's food preferences?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

### Healthy Eating, Physical Activity and Curriculum

Do you ensure children have opportunities to engage in risky play?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do you complete risk assessments before children engage in risky play and manage identified risks?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do you ensure indoor and outdoor environments safe and arranged in ways that encourage physical activity?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do you make sure educators listen to and implement children's ideas for physical activities?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do you support educators in activities which promote healthy eating and physical activity eg sport/dance classes, walking activities, risky play?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

### Food Safety

Do you have written procedures to ensure the safety of children with allergies or other special dietary requirements?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do you have written procedures for the safe transport, storage preparation of food including the heating of formula and breast milk?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do you make sure educators and staff always follow these procedures?	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

Actions required