

Healthy eating and physical activity are promoted and appropriate for each child.

Section 1. Early career educator



You must know

When first starting out as an educator, it's important to know why it is important for us to promote healthy eating and exercise to children.

Promoting healthy eating and physical activity is really important for example:

Overall well-being: When we eat healthy food and stay active, it helps our whole body feel good. It boosts our immune system, keeps us fit and strong, and even helps us feel happier and think better.

Growth and development: Eating nutritious food and exercising regularly helps us grow and develop properly. Nutrient-rich foods give us the vitamins, minerals, and energy we need to grow, and being active helps us get better at things like coordination and strength.

Disease prevention: By eating healthy and staying active, we can lower our chances of getting diseases like obesity, heart problems, and diabetes when we're older. Starting healthy habits now makes it easier to keep them as we grow up.

Cognitive performance: What we eat and how active we are can actually make our brain work better. Healthy food helps our brain develop, and physical activity gets our blood flowing and brings more oxygen to our brain, which helps us think clearer and do better in school.

Establishing lifelong habits: When we learn to make healthy food choices and stay active at a young age, it sets us up for a lifetime of good habits. So if we start now, it'll be easier to keep eating well and being active as we get older.

Remember, it's not about being perfect or restricting ourselves. It's about finding a balance and enjoying a variety of healthy foods and activities that make us

feel good. So let's fuel our bodies with good stuff and have fun moving and playing!



You must practice

It's important to Promote healthy eating and physical activity. Here are some examples on how to do this.

Promoting healthy eating and physical activity is important. Here are some ways to encourage and support these habits:

Be a role model: When teachers and adults show children how to eat healthy and stay active, it inspires them to do the same.

Learn about good food: We should teach why healthy eating is important and discover yummy foods that are good for children. Make it fun with games, discussions, and activities about balanced meals and portion sizes.

Plan the menu: Let's make sure children have a say in what they eat. We can suggest lots of veggies, whole grains, and lean proteins. It's important that meals and snacks follow nutrition guidelines and respect our dietary needs and cultural preferences.

Get moving: We need to play and be active! Give children chances to have fun with games, exercises, and outdoor adventures that make us run, jump, and use our muscles.

Involve our families: When our families know what we're learning about regarding healthy habits, they can help at home too. You can share cool tips, recipes, and resources with your parents, and even organise workshops or events where everyone can join in.

Create a healthy environment: Make sure you have healthy options available. We also need spaces where we can play and move around, and access to equipment that suits your children's age.

Week 19, 19 to 23 June 2023 – 2.1.3 Healthy lifestyles

Learn from the experts: You can bring in special guests like doctors, nutritionists, or people from local organisations who can teach more about staying healthy. You can take children on fun trips related to health and fitness.

Celebrate our efforts: When children make good choices, let's be proud of them! You can recognise and celebrate their achievements in eating healthy and being active. They will feel great to be celebrated for doing something good!

After reading these points, which one(s) do you think you doing well? Describe your practice in detail.

After reading these points, which one(s) do you think you need to work on? Describe how you could improve your practice.

Educator scripts – things to say

"Hey, everyone! Today, let's talk about eating healthy and being active. When we eat nutritious foods, it helps our bodies grow strong and keeps us feeling energised throughout the day. And you know what? Being active is super fun and good for our muscles and hearts! So, let's make healthy choices and find ways to get moving every day. Who's ready for a fun game of tag or a delicious snack filled with fruits and veggies?"

"Good morning, everyone! Did you know that eating healthy food and being active can actually make us smarter? It's true! When we eat nutritious meals, our brains get the fuel they need to think and learn. And when we play and exercise, our bodies release special chemicals that make us feel happy and focused. So let's get our bodies and brains in tip-top shape by choosing healthy foods and finding time to play and move around. Who's ready to make our brains and bodies super strong?"

"Hey, my awesome learners! Today, let's explore the world of healthy eating and physical activity. Eating healthy means choosing foods that are good for our bodies, like colourful fruits, crunchy vegetables, and whole grains. And when we stay active, our bodies get stronger, and we feel more energised. So, let's make a goal to eat a rainbow of nutritious foods and find activities we love to keep our bodies happy and healthy."

"Hello, my healthy champs! Did you know that eating well and being active can help us grow into super strong and smart individuals? It's true! When we eat healthy foods, our bodies get all the vitamins and nutrients they need to grow tall and strong. And when we play, run, and jump, it makes our muscles and bones stronger too. So let's make healthy choices together and find ways to be active every day. Who's ready to nourish their bodies and have fun being active?"