

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

## Section 3. Learning what is required for meeting.

The following section will show you exactly what to do to ensure your practice is meeting. You **do not** need to complete this section if you have successfully completed 'Section 2'.

### Why is the element important?

Element 2.1.3 and understood educators must:

- promote healthy lifestyles, including nutrition and physical fitness
- include risky play which challenges children and allows them to identify and manage risk.

Promoting healthy eating and physical activity is important for several reasons:

**Overall well-being:** Healthy eating and physical activity are fundamental components of a child's overall well-being. They contribute to the development of a strong immune system, physical fitness, mental well-being, and cognitive functioning.

**Growth and development:** Proper nutrition and regular physical activity support children's growth and development. Nutrient-rich foods provide essential vitamins, minerals, and energy for growth, while physical activity promotes motor skills, coordination, and strength.

**Disease prevention:** Healthy eating habits and physical activity play a crucial role in preventing chronic diseases later in life, such as obesity, cardiovascular diseases, and type 2 diabetes. By establishing healthy behaviours early on, children are more likely to maintain them into adulthood.

**Cognitive performance:** Proper nutrition and physical activity have been linked to improved cognitive performance, attention span, and academic achievement. Healthy eating supports brain development, while physical activity enhances blood flow and oxygen supply to the brain, promoting cognitive function.

**Establishing lifelong habits:** Introducing children to healthy eating and physical activity early in life sets the foundation for lifelong habits. When children learn to make nutritious food choices and engage in regular physical activity, they are more likely to maintain these habits as they grow older.



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 crucial for children's well-being. Here are some examples of how to effectively encourage and support these behaviours:**

1. **Role Modelling:** Educators and adults can serve as positive role models by consistently practicing healthy eating habits and engaging in regular physical activity. Children are more likely to copy these behaviours when they see them being demonstrated by trusted adults and educators.
2. **Nutrition Education:** Teach children about the importance of healthy eating and provide knowledge about nutritious foods. Incorporate discussions, activities, and interactive experiences that promote an understanding of balanced diets, food groups, and portion sizes.
3. **Menu Planning:** Involve children and families in the menu planning process. Encourage the inclusion of a variety of fruits, vegetables, whole grains, and lean proteins. Ensure that meals and snacks provided align with nutritional guidelines and cater to individual dietary needs and cultural preferences.
4. **Active Play:** Create opportunities for children to engage in active play and physical activities. Offer a range of age-appropriate games, exercises, and

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

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outdoor experiences that promote movement, coordination, and cardiovascular fitness.

5. **Family Engagement:** Collaborate with families to reinforce healthy habits. Share resources, tips, and recipes that encourage healthy eating and physical activity at home. Involve parents in events or workshops focused on promoting healthy lifestyles.
6. **Environmental Support:** Create an environment that supports healthy choices. Offer a variety of nutritious snacks and limit the availability of sugary and unhealthy options. Designate spaces for physical activities and ensure access to age-appropriate exercise equipment.
7. **Educational Partnerships:** Collaborate with local organisations, health professionals, and nutritionists to enhance health education. Invite guest speakers, organise field trips, or seek expert advice to supplement and enrich the learning experiences of children.
8. **Celebration of Achievements:** Recognise and celebrate children's efforts and achievements in making healthy choices. Encourage and reward positive behaviours related to healthy eating and physical activity, fostering a sense of pride and motivation.

After reading these points, which one(s) do you think you are doing well? Describe your practice in detail so it can go directly into your QIP or SAT (NSW only).

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