



Food Practices Educators

NQS Element 1.1.3 Program learning opportunities

NQS Element 2.1.3 Healthy lifestyle

Name Educator 1	
Name Educator 2	
Name Educator 3	
Name Educator 4	
Name Educator 5	

E = **Embedded** I do that **ALL** the time

K = I **know** I need to do that, but I don't do it all the time

T = Please **teach** me how to do it or improve my understanding of why I need to do it.

	ED1	ED2	ED3	ED4	ED5
Children's health and wellbeing					
Children can independently access drinking water					
Educators offer children water regularly during the day					
Water is offered at all meals					
Food provided takes into account each child's likes, dislikes, culture and religion					
Children who are hungry outside meal or snack times are offered food					
Children are never forced to eat					
Educators and staff follow specific procedures to ensure the needs of children with special dietary requirements are always met and never compromised					
Families are encouraged to bring healthy food from home where required					
Service menus are regularly evaluated against the Australian Dietary Guidelines and best practice guides					
Families can access information about healthy eating and nutrition in the parent library					
Healthy Eating and Curriculum					
Families are encouraged to participate in healthy/cultural cooking activities with children at the service					
Children help plant, care for, harvest and cook produce from the service vegetable gardens					
Children help plan service menus					
Choices of food or menus is often linked to children's other experiences					
Meal and snack times are relaxed and enjoyable					
Educators have meaningful conversations with children about healthy food and eating during meal and snack times					
Educators model healthy eating at all times					
Children participate in environmental activities like composting food scraps and feeding worms and chickens					
Educators integrate learning about healthy food and lifestyles into the daily curriculum					

Actions required

