

Healthy Food and Physical Activity Educators

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					
Do you make sure older children can independently access drinking water and offer it regularly during sessions, including at meal times?					
Do you make sure food provided takes into account each child's likes, dislikes, culture and religion?					
Do you offer food to children who are hungry outside meal or snack times?					
Do you never use food to reward or punish children?					
Do you always respect children's decision not to eat and never force them to eat?					
If families provide food, do you make sure it's healthy food consistent with advice from recognised authorities?					
Do you invite families to lead healthy/cultural cooking activities or dance/music/drama/sport activities with children?					
Healthy Eating and Curriculum					
Do you engage children in cooking activities, including preparing meals/snacks, and discuss healthy food and good nutrition as part of the experience?					
Do you make sure children help plant, care for, harvest and cook produce from the service gardens?					
Do you invite each child to help plan menus and meal/snack times?					
Do you have conversations with children about healthy food and good nutrition during meal and snack times?					
Do you model healthy eating at all times eg never eat unhealthy food in front of children?					
Do you regularly include learning about healthy food and lifestyles in the curriculum?					
Physical Activity and Curriculum					
Do you regularly include learning about healthy bodies and active lifestyles in the curriculum?					
Do you regularly plan a variety of individual and group physical activities in consultation with children and families eg physical games, dancing, yoga, drama?					
Do you regularly encourage children to participate in physical activities that promote their gross and fine motor skills and spatial awareness including free active play?					
Do you encourage children to try new physical activities and support their efforts?					
Do you support physical activities initiated by or suggested by children?					



Do you make sure there's a reasonable balance between planned and spontaneous physical activities?					
Do you teach children the skills they need to participate safely in physical activities and have fun eg team sport skills?					
Do you involve children in identifying and managing risks in their play and activities?					
Do you participate in children's dramatic play and follow their lead?					
Do you involve children in planning and setting up physical activities?					
Do you involve children in physical routines like sweeping, cleaning windows, vacuuming, weeding, digging etc?					
Do you regularly take children on walking excursions?					
Food Safety					
Do you always follow service procedures for safely storing and heating food and drink?					

Actions required