Examples of how Munch & Move aligns with the National Quality Standard

**Quality Area 1: Educational program and practice**

*Munch & Move* can provide children with experiences that actively promote or initiate the investigation of ideas and thinking about healthy eating and physical activity.

**Example:** Educators may focus on fruit and vegetables, creating a fruit and vegetable garden with the children, and involving them in food preparation and cooking the garden’s produce.

**Example:** Educators may focus on the sports played in the children’s community, and discuss ways to implement concepts of these sports into the service program.

**Quality Area 2: Children’s health and safety**

*Munch & Move* directly relates to Standard 2.1 Health - *Each child’s health and physical activity is supported and promoted.* Furthermore, Element 2.1.3 states ‘Healthy eating and physical activity are supported and promoted. Furthermore, Element 2.1.3 states ‘Healthy eating and physical activity are promoted and appropriate for each child’. *Munch & Move* provides a range of learning experiences that promote healthy eating (in line with the Australian Dietary Guidelines) and physical activity (in line with the Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years)).

**Example:** Discuss healthy eating with the children at mealtimes, offer a range of foods from different cultures, involve children in setting up the lunch area, create a healthy recipe book, use photos to encourage eating healthy foods and drinking water.

**Quality Area 3: Physical environment**

*Munch & Move* encourages the use of a range of spaces, equipment and resources to engage children in active play experiences that help develop movement skills, coordination, balance, flexibility and strength.

**Example:** Mini Olympics – involve children in the planning and setting up of different activity stations such as long jump, balance beams, skittles, hurdles and beanbag throwing.

**Example:** Plan a range of active games that can be safely played indoors on adverse weather (rainy) days, maximising the space and equipment available.

**Quality Area 4: Staffing arrangements**

*Munch & Move* provides educators with the opportunity to share the knowledge and skills gained through the *Munch & Move* training. There is also a strong emphasis on educators’ role modelling appropriate healthy eating, physical activity, and screen time habits to children.

**Example:** Educators who attend the *Munch & Move* training up-skill other staff members at their service using the ‘Staff Development Kit’. Educators can then work together to include *Munch & Move* messages within their service Quality Improvement Plan.

**Quality Area 5: Relationships with children**

*Munch & Move* is a flexible and inclusive program that allows educators to adapt learning experiences to suit each child’s identity, interests and abilities. This encourages the building of respectful and trusting relationships with the children and ensures all children feel a sense of security and belonging.

**Example:** Educators are encouraged to provide children with relaxed and positive meal time experiences, by sitting with the children, eating the same meals and talking with the children about food. Educators also respect each child’s choice as to how much food they eat.

**Example:** Educators consistently providing children with positive, constructive feedback that will help improve their performance of each FMS.

**Quality Area 6: Collaborative partnerships with families and communities**

*Munch & Move* is committed to building partnerships with families through effective communication and encouraging opportunities for family involvement.

**Example:** Invite families and the community to attend a family fun day at the service. Families can share their favourite healthy dishes, cook with the children and participate in fun, active games.

**Example:** The *Munch & Move* key messages are communicated to families using newsletters, fact sheets, day books, photos, notice boards, emails and face to face.

**Quality Area 7: Governance and leadership**

*Munch & Move* promotes service leadership and governance of children’s healthy eating and physical activity through the provision of resources, tools and follow-up support.

**Example:** A *Munch & Move* leader is identified and responsible for overseeing the implementation of *Munch & Move* in the service and ensuring that the program and key messages are embedded over time. *Munch & Move* activities can be reflected in the service’s Quality Improvement Plan.

**Example:** *Munch & Move* sample policies (breastfeeding, healthy eating and physical activity including screen use) are used to develop or review service policies. The service involves all relevant stakeholders (e.g. staff and families) in this process and the final policies are shared with families.

How Munch & Move aligns with the National Quality Framework

EYLF Outcome 1: Children have a strong sense of identity
As children become more aware of healthy food choices and progress in their fundamental movement skills (FMS) development, they experience pride, confidence and self-awareness.
Example: Munch & Move offers a range of group movement games and healthy eating learning experiences which help children develop a sense of group belonging and improve their skills in turn taking, cooperation and self-regulation. Children also increase their awareness of the rights and achievements of others.

EYLF Outcome 2: Children are connected with and contribute to their world
Children feel part of something special and can develop a genuine respect for diversity and their environment when involved in real-life experiences.
Example: Creating a fruit and vegetable garden encourages children to recognise that they belong to other communities. The garden can be harvested by the children and used to prepare and share healthy snacks and main meals, i.e. lunch.
Example: Move provides opportunities to explore cultural backgrounds through games and songs – engaging children in positive conversations about diversity.

EYLF Outcome 3: Children have a strong sense of wellbeing
Munch & Move provides a range of opportunities for children to take an increased responsibility for their own health and physical wellbeing.
Example: Munch encourages children to have ‘hands-on’ healthy cooking experiences – such as preparing/cooking fruit or vegetable skewers, fruit muffins, rice paper rolls or vegetable soup.
Example: Planned and spontaneous FMS experiences allow children to engage in fun active play that is safely and enthusiastically modelled by educators. Early, positive experiences with active play helps provide the foundation for ongoing participation in physical activity and promotes a positive sense of wellbeing.

EYLF Outcome 4: Children are confident and involved learners
Children develop confidence in a variety of skills by being involved in a range of experiences at the service, which can also be encouraged and further developed in the home environment.
Example: Building an obstacle course (varying heights of trestles, planks, tunnels, balancing boards, stepping stones, etc.) and planning with the children the appropriate levels of challenge and risk taking.
Example: Using a variety of water experiments (e.g. colourful celery, watering plants, splashing water onto a path, and sponges) so children can explore and investigate what will happen to the water (plants, path, sponge, etc.). Link the disappearing water in these experiments to water disappearing into our bodies as we drink.

EYLF Outcome 5: Children are effective communicators
Children learn to use a range of non-verbal and verbal communication skills. They also experience a variety of media, helping them gain meaning and an understanding of patterns and symbols.
Example: Reading children’s books to draw out and discuss key healthy eating and physical activity messages.
Example: Singing the Munch & Move songs with the children and enthusiastically modelling the dance movements.