

Health - Each child's health and physical activity is supported and promoted

<p>Assessment guide* for meeting Standard 2.1 includes: * Guide to the National Quality Framework February 2018. Australian Children’s Education and Care Quality Authority. Accessed May 2018. https://www.acecqa.gov.au/sites/default/files/2018-03/Guide-to-the-NQF_0.pdf</p>	<p>Relevant Section shown in Black Bold</p>
<p>How does food provided meet children’s nutritional needs</p>	<p>Australian Dietary Guidelines p16 Menu Planning p44</p>
<p>How do we plan food and beverages to meet the preferences of each child as well as their dietary and nutrition requirements, including during excursions or other special activities?</p>	<p>Menu Planning p44 Packing a Healthy Lunch p55</p>
<p>How do we maintain acceptable levels of hygiene?</p> <p>How do we ensure all educators understand and implement correct procedures relating to food handling, transportation and storage?</p>	<p>Food Handling and Hygiene p36</p> <p>Food Handling and Hygiene Checklist of Out of School Hours Care p41</p>
<p>How do we keep informed of, and implement, current practices and guidelines from recognised authorities in relation to:</p> <ul style="list-style-type: none"> ○ allergies and anaphylaxis ○ food safety and hygiene practices 	<p>Specific Dietary Needs p31</p> <p>Food Handling and Hygiene p36</p>
<p>How do we find out about individual children’s health requirements, and ensure that all relevant staff members are informed about these?</p>	<p>Sample Care Plan for Children with Specific Dietary Needs p35</p>
<p>How do we incorporate discussions and activities about healthy eating, physical activity and allergies into children’s everyday experiences so that each child is encouraged to make healthy food and beverage choices?</p>	<p>What you do and say p6 Food Activities p56 Recipes - Cooking with Children p83 Planning Physical Activity p172 Physical Activity Ideas p179</p>
<p>How do we encourage physical activity</p>	<p>Planning Physical Activity p172 Physical Activity Ideas p179</p>
<p>How do we plan the program to ensure that there is a balance between planned and spontaneous active play as well as a balance between passive and active experiences?</p> <p>How do we set up the environment and resources to encourage and support children to engage in movement and physical play?</p>	<p>Programming Physical Activity p176</p>
<p>How we ensure that all educators are familiar with current guidelines about healthy eating, physical activity?</p>	<p>Australian Dietary Guidelines p16</p> <p>Australia’s Physical Activity and Sedentary Behaviour Guidelines p170</p>

Element 2.1.2

Health practices and procedures - Effective illness and injury management and hygiene practices are promoted and implemented

Assessment guide* for meeting Element 2.1.2 includes: * Guide to the National Quality Framework February 2018. Australian Children's Education and Care Quality Authority. Accessed May 2018. https://www.acecqa.gov.au/sites/default/files/2018-03/Guide-to-the-NQF_0.pdf	Relevant Section shown in Black Bold
Access to information on current hygiene practices	Food Handling and Hygiene p36
Service has policies and procedures relating to health and hygiene	Sample Nutrition, Food Handling and Hygiene Policy p75 Food Handling and Hygiene Checklist of Out of School Hours Care p41
Children learn hygiene practices including hand washing	Hygiene when Cooking with Children p83
Children consuming food and drinks in a hygienic manner	Hygiene when Cooking with Children p83 Food Handling and Hygiene Checklist of Out of School Hours Care p41
Families are provided with information and support that helps them to follow the service's hygiene procedures	Factsheets and useful contacts p 192

Element 2.1.3

Healthy Lifestyle - Healthy eating and physical activity are promoted and appropriate for each child

<p>Assessment guide* for meeting Element 2.1.2 includes: Healthy Eating * Guide to the National Quality Framework February 2018. Australian Children's Education and Care Quality Authority. Accessed May 2018. https://www.acecqa.gov.au/sites/default/files/2018-03/Guide-to-the-NQF_0.pdf</p>	<p>Relevant Section shown in Black Bold</p>
<p>Educators engage children in experiences, conversations and routines that promote relaxed and enjoyable mealtimes and promote healthy, balanced lifestyles</p> <p>Educators sit with children and modelling, implementing and reinforcing healthy eating and nutrition practices with children during mealtimes</p>	<p>What you do and say p6 Food Activities p56 Recipes - Cooking with Children p83</p>
<p>Use cooking experiences to further children's understandings of healthy food and nutrition</p> <p>Children are involved in choosing and preparing healthy meals</p>	<p>Recipes - Cooking with Children p83</p>
<p>Educators follow the service's procedures for the safe storage and heating of food and drink</p>	<p>Food Handling and Hygiene Checklist of Out of School Hours Care p41</p>
<p>Providing food that is consistent with the Australian Dietary Guidelines</p> <p>Adequate quantities of food available for children that are consistent with the Australian Dietary Guidelines, as well as sufficient food for children who may request more</p>	<p>Australian Dietary Guidelines p16</p> <p>Menu Planning p44</p>
<p>Providing food that is consistent with advice provided by families about their child's dietary requirements, likes, dislikes, and any other requirements (e.g cultural) families have regarding their child's nutrition</p>	<p>Sample Care Plan for Children with Specific Dietary Needs p35</p>
<p>Service has a policy on nutrition and promoting healthy eating</p>	<p>Sample Nutrition, Food Handling and Hygiene Policy p73</p>

Element 2.1.3

Healthy Lifestyle - Healthy eating and physical activity are promoted and appropriate for each child

Assessment guide* for meeting Element 2.1.2 includes: Physical Activity <small>* Guide to the National Quality Framework February 2018. Australian Children's Education and Care Quality Authority. Accessed May 2018. https://www.acecqa.gov.au/sites/default/files/2018-03/Guide-to-the-NQF_0.pdf</small>	Relevant Section shown in Black Bold
Implementing physical games and activities as part of the program and encouraging each child's participation	Programming Physical Activity p174
Information about the importance of physical activity to children's health and development is communicated to families.	Factsheets and Useful Contacts p192
Children are encouraged and supported to use increasingly complex sensory, motor skills and movement patterns that combine gross and fine motor movement and balance	Fundamental Movement Skills in Action Cards (activities using gross motor skills) p188
Ensure educators have up to date information on guidelines physical activity and sedentary behaviour	Australia's Physical Activity and Sedentary Behaviour Guidelines p170
Regular movement and physical activities programmed and implemented. Program includes: <ul style="list-style-type: none"> • physical activity for children's different needs (e.g. abilities and age) • different intensity physical activity • indoor and outdoor play • planned and spontaneous active play • Creative physical play such as dance, drama and creative movement • Cultural games • Activity to strengthen muscle and bone • activities to support gross motor skills and balance 	Planning Physical Activity p172 Programming Physical Activity p174 Physical Activity Ideas p179 Cultural games p174 Fundamental Movement Skills in Action Cards (activities using gross motor skills) p188
Children have the opportunity to plan and set up physical play Provide an environment that encourages physical play	The environment p175
Children and educators talking about how their bodies work and the importance of physical activity to people's health and wellbeing	What you do and say p6
Educators involved in physical activity with children	Educator involvement p175
Information on the importance of physical activity to child health and development is provided to families	Factsheets and Useful Contacts p192 Communicating with Families p54 and p171
Service has a policy on physical activity and sedentary behaviour	Sample Physical Activity and Small Screen Recreation Policy p189

Element 3.2.3

Environmentally responsible - The service cares for the environment and supports children to become environmentally responsible

<p>Assessment guide* for meeting Element 3.2.3 includes: * Guide to the National Quality Framework February 2018. Australian Children's Education and Care Quality Authority. Accessed May 2018. https://www.acecqa.gov.au/sites/default/files/2018-03/Guide-to-the-NQF_0.pdf</p>	<p>Relevant Section shown in Black Bold</p>
<p>Service has policy including practices to promote understanding on how to care for the environment</p>	<p>Sample Nutrition, Food Handling and Hygiene Policy p75</p>
<p>Children participating in environmentally sustainable practices that:</p> <ul style="list-style-type: none"> ○ support their engagement with and respect for the natural environment ○ increase their awareness of the impact of human activity ○ build a sense of responsibility for caring for the environment are meaningful, relevant to the service context and community, and connect <p>Children have opportunity to develop of life skills, such as growing and preparing food, waste reduction and recycling, and children being actively engaged in these experiences</p>	<p>Growing Food and Herbs p70</p> <p>Environment p72</p> <p>Recycling p72</p>

