

Appendix 2

Healthy Eating Guidelines

Taken from Get Up and Grow - Healthy Eating and Physical Activity for Early Childhood. Commonwealth of Australia 2009

1. Exclusive breastfeeding is recommended, with positive support, for babies up to six Months. Continued breastfeeding is recommended for at least 12 months – and longer if the mother and baby wish.
2. If an infant is not breastfed, is partially breastfed, or if breastfeeding is discontinued, use an infant formula until 12 months of age.
3. Introduce suitable solids at around six months.
4. Make sure that food offered to children is appropriate to the child's age and development, and includes a wide variety of nutritious foods consistent with the Australian Dietary Guidelines and Infant Feeding Guidelines
5. Provide tap water in addition to age-appropriate milk drinks. Infants under the age of six months who are not exclusively breastfed can be offered cooled boiled water in addition to infant formula.
6. Plan mealtimes to be positive, relaxed and social.
7. Encourage children to try different food types and textures in a positive eating environment.
8. Offer an appropriate amount of food, but allow children to decide themselves how much they will actually eat.
9. Offer meals and snacks at regular and predictable intervals.
10. Ensure that food is safely prepared for children to eat – from the preparation stages to consumption.

Related Documents

Education and Care Services National Law Act 2010, Section: 165, 167 & 168(2)(a)(i) Education and Care Services National Regulations 2012, Regulation: 73, 74, 76, 77, 78, 79 & 113 National Quality Standard for Early Childhood Education and Care and School Aged Care Q 1.1.3, 1.1.4, 1.1.5, 1.1.6, 2.1.1, 2.1.3, 2.2.1, 2.2.2, 2.3.23.2.1, 3.2.2.5.1.1, 5.1.2, 5.1.3, 5.2.1, 6.3.2

Related Policies

Anaphylaxis, Excursions/Incursions and Visitors, Family Involvement, Hygiene, Infectious diseases, Nutrition and Food Safety, Programs & Rest

Resources

- *Belonging, Being & Becoming – The Early Years Learning Framework for Australia:* www.deewr.gov.au/EarlyChildhood/Policy_Agenda/Quality/Pages/EarlyYearsLearningFramework.aspx#key_documents
- *Australian Dietary Guidelines 2013*
<http://www.eatforhealth.gov.au/guidelines/australian-dietary-guidelines-1-5>
- *Infant Feeding Guidelines (2102)* <https://www.nhmrc.gov.au/guidelines/publications/n56>
- *Move and Play Every Day - National Physical Activity Recommendations for Children 0-5 Years*
[http://www.health.gov.au/internet/main/publishing.nsf/Content/9D831D9E6713F92ACA257BF0001F5218/\\$File/0-5yrACTIVE_Brochure_FA%20SCREEN.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/9D831D9E6713F92ACA257BF0001F5218/$File/0-5yrACTIVE_Brochure_FA%20SCREEN.pdf)
- Food Safety Victoria, Department of Health – Food Safety and Regulation: 1300 364 352
- Better Health Channel: www.betterhealth.vic.gov.au
- Cancer Council Australia – for information on sun safety: www.cancer.org.au/sunsmart
- Cavallini, I and Tedeschi, M (eds) (2008), *The Languages of Food: recipes, experiences, thoughts.* Reggio Children Publications

- Food Standards Australia New Zealand – for information on food safety and food handling: www.foodstandards.gov.au
- Healthy Together Achievement Program www.achievementprogram.healthytogether.vic.gov.au
- Healthy Together Healthy Eating Advisory Service www.heas.healthytogether.vic.gov.au
- Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood: www.health.gov.au/internet/main/publishing.nsf/Content/phd-early-childhood-nutrition-resources
- Starting Out Safely (VicRoads)
<http://www.roadsafetieducation.vic.gov.au/resources/early-childhood.html>
- Kids and Traffic – Early Childhood Road Safety Education Program: www.kidsandtraffic.mq.edu.au
- Kidsafe: the Child Accident Prevention Foundation of Australia – for information on preventing childhood accidents in children under the age of 15 years: www.kidsafe.org.au
- Murdoch Childrens Research Institute, Royal Children’s Hospital Melbourne, *Limit ‘Sometimes’ Foods* Background Paper
- Nitzke, S, Riley, D, Ramminger, A and Jacobs, G (2010), *Rethinking Nutrition: Connecting Science and Practice in Early Childhood Settings*. Redleaf Press, St Paul, USA
- Oberklaid, F (2004), *Health in Early Childhood Settings: From Emergencies to the Common Cold*. Pademelon Press, NSW
- National Health and Medical Research Council (2005), *Staying Healthy in Child Care: Preventing infectious diseases in child care*: www.nhmrc.gov.au/guidelines (Note: this publication is currently being revised and will have significant changes. It is important that services refer to the most up-to-date version of this resource.)