

TODDLER BITES

Summer Issue 2011



Toddler Bites is the official newsletter of Nutrition Australia's Nutrition Services for Early Learning Centres

Inside This Issue	Page
Nutrition and the National Quality Framework	1
New Nutrition Australia Resources for Early Learning Centres	3
What's the scoop on artificial colours?	3
One ingredient banana ice cream recipe	4
Healthy snacks for under 5's & Putting the 'get up and grow' guidelines for Early Childhood into practice	4
Activity tips for children	5
Implementation of 'Understanding Nutrition, Food Handling and Meal Planning in Childcare Centres' workshop	5
National Quality Framework Workshop	5

National Quality Framework for Early Childhood Education & Care

Instilling positive habits in children in the early years sets them on the path for the development of positive behaviours later in life, and early childhood services play an important role in the development of such habits. Presently, the quality standards for early childhood education and care services vary throughout Australia. As of 1 January 2012, the National Quality Framework for Early Childhood Education & Care will be implemented across Australia. This Framework aims to raise quality and drive continuous improvement and consistency in education and care services throughout Australia.

According to Standard 2.2 of the National Quality Framework:

Healthy eating and physical activity are embedded in the program for children with two elements:

- **Element 2.2.1:** *Healthy Eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child.*
- **Element 2.2.2:** *Physical activity is promoted through planned and spontaneous experiences and is appropriate for each child.*

These two elements are monitored according to the following regulations:

- 77 Health, hygiene and safe food practices
- 78 Food and Beverages
- 79 Service providing food and beverages
- 80 Weekly menu
- 168 Education and care services must have policies and procedures
- 168(2)(A) Policies and procedures are required in relation to health and safety

TOP TIP: The 'Get Up and Grow: Healthy Eating and Physical Activity for Early Childhood' and 'Dietary Guidelines for Children and Adolescents in Australia' remain the key nutrition guides for early learning centres and parents.

Nutrition Australia QLD Division has developed two resources to support early childhood educators and parents to promote the development of healthy eating and physical activity patterns for children in early learning centres and out of school hours care (OSHC).

Putting the 'Get Up & Grow' guidelines for early childhood into practice

This resource includes:

- A 22-page booklet for early childhood educators. The booklet provides information and tips to help educators better understand, and feel confident implementing the 'Get Up & Grow' guidelines in their daily work. Identified links to the Early Years Learning Framework learning outcomes are included.
- A set of 11 accompanying fact sheets which can be photocopied for distribution to parents.

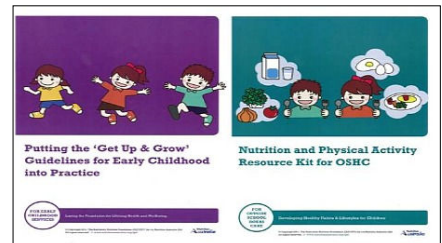
Nutrition and physical activity resource kit for OSHC

This resource includes:

- A 24-page booklet for OSHC educators. The booklet provides information about the nutrition and physical activity guidelines for school aged children and tips on how OSHC educators can implement these guidelines in their daily work. Links to the Draft Framework – My Time, Our Place learning outcomes are included.
- A set of 11 accompanying fact sheets which can be photocopied for distribution to parents.

Both resources are available from Nutrition Australia QLD Division for \$27.50 (inc postage) each.

For your copy visit www.nutritionaustralia.org/node/826 or call Nutrition Australia QLD Division on (07) 3257 4393



What's the scoop on artificial colours?

Staff at early learning centres are frequently asked by parents about the safety of food preservatives and colours for their children. We hope that the information below will help you provide informative answers to concerned parents at your facility.

In 2007, a carefully designed UK study published in the medical journal 'The Lancet' found increased hyperactivity in some children given drinks containing artificial colours and the preservative sodium benzoate (211). The European food safety authority concluded that the study provided limited evidence that the mixtures of colours and sodium benzoate had an effect on the activity and attention of children in the general population and that there was not enough evidence to change the current limits or use of these additives. (Food Standards Australia New Zealand, (updated 2009), Effects of artificial colours on children's behaviours, accessed: www.foodstandards.com.au)

In Australia, all foods for supply and purchase are closely monitored closely by Food Standards Australia New Zealand (FSANZ). FSANZ have identified that Australian manufacturers use fewer artificial colours than their UK counterparts and that Australian children do not consume as many additives as UK children. (Food Standards Australia New Zealand, (2006), Survey of Added Colours in Food within available in Australia)

Food colourings that are thought to increase hyperactivity, and are therefore a potential concern to young children include:

- Tartrazine (102)
- Quinoline yellow (110)
- Carmoisine (122)
- Ponceau (4R)
- Allura red (129)

For more information visit www.foodstandards.gov.au



Single ingredient banana ice cream

Most children enjoy a cold ice cream during the summer months to help keep them cool. To be honest, don't we all?

A volunteer from Nutrition Australia recently discovered a great recipe that will allow your children to enjoy a nice cold ice cream that is 100% healthy.

Simply follow these steps:

- Peel your bananas first.
- Cut them into small pieces.
- Freeze for just 1-2 hours on a plate.
- Blend, blend, blend (be sure to scrape down the bowl when the bananas stick).

... and enjoy the magic moment when the bananas turn into ice cream!

Tips:

- Add a touch of honey.
- Try this recipe using mangoes.

The recipe is available online: <http://www.thekitchn.com/thekitchn/stay-cool/how-to-make-creamy-ice-cream-with-just-one-ingredient-093414>



Healthy snacks for under 5's

As you already know, young children in particular need energy to help them grow, develop and reach their full potential. Snacking throughout the day can be an important way of ensuring that young, growing bodies are getting enough energy to meet their needs.

Regularly offering food to young children is important as it helps them to understand and learn to regulate their own appetite. However, to avoid predisposing children to developing a preference for foods that are unhealthy, it is important that the snack foods you provide are healthy and low in sugar, fat and salt.

Try the following healthy ideas to help children at your facility get snacking!

- Fruit salad with yoghurt or custard
- Fruit slushies—simply blend fruit, add extra water if the mixture is too thick, then freeze
- Frozen fruit—e.g. oranges, bananas, watermelon, grapes
- Smoothies—simply blend yoghurt, milk and fruit
- English muffins with ricotta cheese and banana
- Pikelets topped with chopped fruit (e.g. bananas and berries) and ricotta cheese
- Jaffles filled with baked beans or mashed potato and cheese
- Scrambled eggs which can be cooked with frozen corn and grated cheese
- Vegetable, meat or tuna patties—served hot or cold
- Small tins of baked beans or spaghetti
- Pita bread nachos—pita bread slices baked in the oven until crisp and then sprinkled with cheese





Activity tips for children

Visit the Nutrition Australia website to access the recently updated fact sheet 'Activity Tips for Children of all Ages'.

Available FREE online at:

<http://www.nutritionaustralia.org/national/resource/activity-tips-children>

'Understanding nutrition, food handling & meal planning for childcare centres' workshop

Nutrition Australia NSW Division hosted a 4 hour interactive workshop at Kids 'R' Us Childcare Centre, Milton on Saturday 15 October. The workshop covered many areas specific to nutrition in childcare centres, including:

- Quality practice guides and the National Quality Framework for Early Childhood Education & Care
- Nutrition concerns for children in long day care
- Dietary guidelines for children under 5 years
- The Healthy Living Pyramid
- Breastfeeding
- Guidelines for introducing solids
- Meal planning
- Meal times and dealing with fussy eaters
- Guidelines to avoid choking
- Managing food allergies and intolerances
- Physical activity
- Food handling and food safety: food hygiene, food health
- Nutrition and physical activity policy



Students spent the entire 4 hours interacting with 21 childcare workers. Many questions regarding the topics listed were addressed throughout the seminar, and both students and workers were impressed with the information provided.

For information about the seminars and presentations offered by Nutrition Australia NSW Division, email sbrown@nutritionaustralia.org or call (02) 4257 9011

National Quality Framework workshop

Is your centre ready to implement the National Quality Framework Standards as of 1 January 2012? Attend this Nutrition Australia workshop to obtain the information you need to stay updated with the nutrition component of the Framework.

Price: Members: \$25 p/person (inc GST), Non Members: \$30 p/person (inc GST)

Date: Tuesday 6th December 2011

Time: 6.30pm – 7.30pm (light refreshments supplied)

Venue: Laurel Room, Dapto Community Centre
93/107-109 Princes Highway, Dapto NSW 2530

Payment Options:

Online: Direct Credit to Bendigo Bank BSB 633 000 Account number 144157013

Cheque: Please address to Nutrition Australia NSW Division and mail to PO Box 71, Oak Flats, NSW 2529

Only \$25pp