

# FOOD AND NUTRITION FOR HEALTHY CONFIDENT KIDS



Last term all Early Childhood Education Centres were sent a tool kit called Food and Nutrition for Healthy Confident Kids. This contains information that will help you promote nutrition in your Early Childhood Education centre. A lead teacher from your centre will be invited to attend a workshop to further explain how to use this information – invitations will arrive later in the year.

This initiative is part of the government's Mission On campaign which encourages young people and their families to live healthier lives. It is built on the belief that if children establish healthy behaviours during their early years they will lead healthy lifestyles as adults. The benefits of developing and maintaining a healthy diet throughout life are plentiful.

The kit includes information on:

- Providing healthy food and beverages for snack times
- Food and nutrition in the curriculum
- Developing a food and nutrition policy
- Making an application to the nutrition fund
- Fundraising with products that support a healthy message
- Involving parents in healthy eating activities
- Food ideas for the lunch box
- Alternative ideas for rewards

The resources in the tool kit will be useful for all ages. To have the greatest impact the lead teacher who attends the workshops could present back to interested members of the centre on the use of its contents.

Research shows that poor nutrition can be associated with lower academic achievement, and teachers report improvements in attention, behaviour and levels of concentration where healthy eating has become accepted practice. Learning to eat well is a skill that will be used for a lifetime.



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## Healthy Nibbles for Tots

Nutrition and Physical Activity Information for Children

Date: April 2007

Code/Reference: NUT0022AD

Authorised by: Nutrition and Physical Activity Team

For more information visit: [www.cph.co.nz](http://www.cph.co.nz)

## Canterbury

District Health Board

Te Poari Hauora o Waitaha