



Melbourne University Sport Nutrition Policy

Young children need adequate nutrition for good health and growth. Research indicates that school-aged children's nutritional practices are not ideal. A disturbing number of children are overweight, and many miss breakfast and snack regularly on high-fat, high sugar foods.

Aim

- Promote healthy foods and eating habits that ensure healthy growth and development in children
- Provide a pleasant and attractive place for meal and snack times that are inclusive, culturally appropriate and sensitive occasions
- Ensure that meal and snack times are an opportunity for social learning and positive interaction, with staff sitting with children to act as role models
- Consult and work collaboratively with families, recognising cultural practices and lifestyle choices
- Provide guidelines for a flexible approach to serving and consuming food for children attending our programs
- Provide opportunities for children to try new foods, including different colours, flavours, aromas and textures through cooking experiences
- Communicate effectively with families about their child's food and nutrition requirements
- Provide children with opportunities to learn about food, nutrition and healthy lifestyles
- Provide a safe, supportive and social environment in which children can enjoy eating

Procedures

The staff have the responsibility to ensure that:

- Children have access to water at all times.
- A suitable break is arranged to allow snacks and meals to be eaten.
- Prepare healthy food options for snacks
- All meal breaks are monitored by staff to ensure all children eat and drink.
- Children are to be seated while eating and drinking. Staff will model this behaviour by sitting with the children and discussing the food the children are eating along with events of the day.
- They are aware of the individual dietary needs of the group. They are also aware of the foods, which cause the child's allergic reaction, allergy free food and the medical procedure and plan for dealing with an allergic reaction.
- They encourage, discuss and model balanced, nutritious and healthy eating practices and choices with the children.
- Melbourne University Sport maintains a clean and hygienic area for cooking activities which meets National Standards for OSHC services.
- All staff and children involved in food preparation wash and dry their hands prior to the activity.

- All staff and children wash and dry their hands prior to eating.
- Children do not to eat food or use utensils which have been dropped on the floor
- Children do not to use drinking or eating utensils which have been used by another child.

References:

ACECQA National Quality Framework Resource Kit (2012)

– Quality Area 1 – Educational Program and Practice.

- Quality Area 2 – Children’s health and safety.

Education and Care Services National Regulations (2012). Regulation 1682 a (i)

Heart Foundation, 2002, Eat Smart, Play Smart, A Manual for Out of School Hours Care, Australia

Australian Guide to Healthy Eating – www.health.gov.au