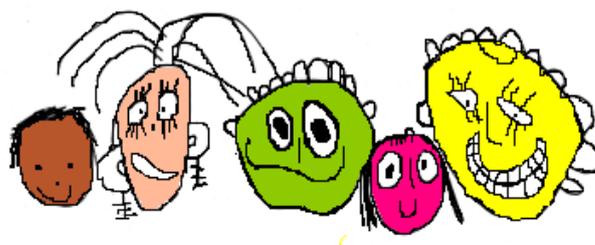


Hamilton Community Pre-School

"Where discoveries, learning and fun connect."



Information Sheets for Parents

Healthy Eating

Learning about healthy lifestyles contributes to children's sense of wellbeing and builds their confidence in themselves. The Educators at Hamilton Community Preschool help children learn about healthy eating, hygiene and how to keep fit and active. As children become more independent, they can take greater responsibility for their own health, safety and wellbeing.

All young children need help to establish patterns of good eating for their present wellbeing and for a healthy life. Within this broad focus area, obesity and food allergies/intolerances can present particular problems and can have a major impacts on many children and their families, if not handled appropriately. A key part of learning about and adopting healthy lifestyles involves children seeing these modelled positively and enthusiastically by the important people in their lives. To read more about this, [click here](#) to view a newsletter developed by Early Childhood Australia.

There are guidelines provided by the government and other organisation to help parents make good choices about food and drink for children. Just as important as implementing good habits is that adults have conversations with children and provide opportunities for them to learn about eating nutritious foods and how that contributes to good health. Healthy eating habits begun in childhood can have a lasting effect. Every child also needs opportunities every day to be physically active and practice new physical skills, either indoors or outdoors.

Childhood obesity contributes significantly to the health and wellbeing of young children. A wealth of information about physical activity and healthy eating for young children is available through the [Get Up & Grow program](#) available in English and nine non-English languages. The resources include guidelines, information for families, recipes and posters.

To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.

Enjoy a wide variety of nutritious foods from the Five Food Groups every day and drink plenty of water
Limit intake of foods containing saturated fat, added salt, added sugars and alcohol

Below is The Australian guide to healthy eating where is shows you the 5 food groups,

1.Grains 2. Vegetables 3. Lean meat 4. Fruit 5. Dairy



Australian Guide to Healthy Eating

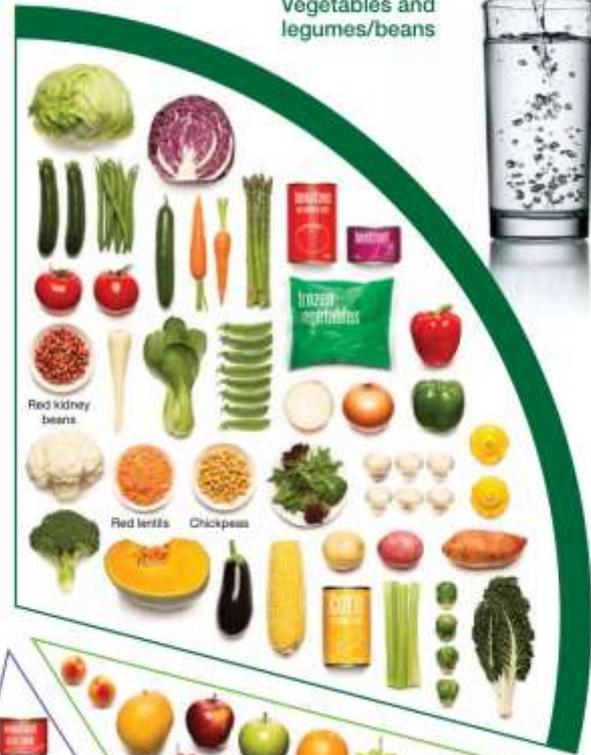
Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts

