

# Rainbow News

TERM 3—2020

[www.rainbowpreschool.com.au](http://www.rainbowpreschool.com.au)

Weeks: 7 & 8

Remember to check our Website for latest photos and events happening at preschool

## Early Childhood Educators Day—Wednesday 2nd September

Early Childhood Educators Day recognises and celebrates the work of Australia's educators in early learning centres, long day care, kindergarten/preschool services, family day care, occasional care and Outside School Hours Care (OSHC), for their wonderful contribution to the wellbeing and healthy development of the young children in their care.

Parents/guardians and their children are invited to say thank you to their Early Childhood Educators in a range of different ways. It may be as simple as saying "THANK YOU", drawing or painting a picture or giving a thank you card. Let's show them how much we appreciate them.

## Maths and Science Week

This week we are excited to share some of the maths and science learning opportunities the children have engaged with over the last few weeks. These activities are designed to enhance children's mathematical and scientific knowledge, drawing on our educator's knowledge and skills as they plan and program for everyday learning. Throughout this week we will be posting various learning experiences on our Facebook page, showcasing some of the activities that the children have enjoyed.



## Staff Profile



### Erica Bartley—Educator / Room Leader Yellow Room

I have been working at Rainbow Preschool for the last 16 years. I began as a support worker and worked many years before becoming a room leader. I have been a Yellow Room educator for the last 7 years which has been equal parts challenging and fulfilling. Every year I enjoy getting to know my new class, learn all of their unique personalities and to foster their interests and abilities through the activities and experiences that we provide.

## Birthdays

Happy Birthday to the following children who will be celebrating a birthday during weeks 7 & 8;

- ☆ Riley G 7th September
- ☆ Summer M 11th September
- ☆ Catalina 14th September



### Scholastic Book Club

Issue 6 Due back  
11th September

**Term 3 ends Friday 25th September - Term 4 starts Monday 12th October**

# Healthy eating for children

TEACH YOUR CHILD HEALTHY HABITS FOR A HEALTHY LIFE



## WHAT ARE THE DIETARY GUIDELINES?

The *Australian Dietary Guidelines* provide up-to-date advice about the amount and kinds of foods that we need to eat for health and wellbeing. They are based on scientific evidence and research.

The *Australian Dietary Guidelines* of most relevance to children are included below:

### GUIDELINE 1:

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

- Children and adolescents should eat sufficient nutritious foods to grow and develop normally. They should be physically active every day and their growth should be checked regularly.

### GUIDELINE 2:

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

- Plenty of vegetables of different types and colours, and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (reduced fat milks are not suitable for children under the age of 2 years)

And drink plenty of water.

### GUIDELINE 3:

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

- Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.
  - Replace high fat foods which contain predominately saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominately polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.
  - Low fat diets are not suitable for children under the age of 2 years.
- Limit intake of foods and drinks containing added salt.
  - Read labels to choose lower sodium options among similar foods.
  - Do not add salt to foods in cooking or at the table.
- Limit intake of foods and drinks containing added sugars such as confectionary, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.

### GUIDELINE 4:

Encourage, support and promote breastfeeding.

### GUIDELINE 5:

Care for your food; prepare and store it safely.



[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

Want more information about healthy eating?

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## FOODS TO LIMIT: DISCRETIONARY CHOICES

'Discretionary choices' are called that because they are not an essential or necessary part of our dietary patterns. Discretionary foods are high in kilojoules, saturated fat, added sugars, added salt, or alcohol. If chosen, they should be eaten only sometimes and in small amounts.

### Examples of discretionary choices include:

- Sweet biscuits, cakes and desserts
- Processed meats and sausages
- Ice-cream, confectionery and chocolate
- Meat pies and other pastries
- Commercial burgers, hot chips, and fried foods
- Crisps and other fatty and/or salty snacks
- Cream and butter
- Sugar-sweetened cordials, soft drinks and sports drinks.

It is also important to remember that young children (less than 3 years of age) can choke on hard foods. To prevent this from happening:

- Sit with them when they eat and don't give them hard foods such as popcorn, nuts, hard confectionary or crisps.
- Cook or grate hard fruit and vegetables to soften them.
- Remove all bones from fish or meat.



## ENCOURAGING HEALTHY HABITS

Childhood is a time of learning. Children who grow up in families that enjoy a variety of nutritious foods from the Five Food Groups are more likely to make their own healthy choices as they get older.

You can help by teaching your whole family to:

- Choose 'everyday foods' for home and school from the Five Food Groups.
- Save discretionary choices for special occasions.
- Provide a variety of types and colours of fresh vegetables and fruit that are in season.
- Enjoy reduced fat varieties of milk, yoghurt and cheese (once they are 2 years or older).
- Eat mainly wholegrain cereal foods and breads.
- Drink plenty of water instead of sugary drinks like cordial, energy drinks, sports drinks, fruit drinks, vitamin waters and soft drink.
- Eat a healthy breakfast every day.
- Learn about how foods are grown and where they come from.
- Try new foods and recipes – help with cooking and preparing foods and drinks too.
- Turn off the tv and computer at mealtimes – make this family time.
- Wash their hands before eating or cooking.
- Be physically active – play outside, walk the dog or run around at the local park.



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For more information visit:  
[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

### or contact:

National Health and Medical Research Council  
GPO Box 1421  
Canberra ACT 2601  
13 000 NHMRC (13 000 64672)

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Email: [health@nationalmailing.com.au](mailto:health@nationalmailing.com.au)  
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