

Preschool room

Preschool children aged 3-5 years



Described below are examples of how Munch & Move can be implemented in a preschool room for children aged 3 to 5 years.



Offer intentional healthy eating learning experiences 2-4 times per week

- Healthy eating learning experiences book



Create positive mealtime environments and role model healthy eating

- Supportive mealtime environment resource
- Mealtime conversation cards resource



Teach fundamental movement skills daily

- Understanding FMS resource set
- FMS with Franky and friends



Provide opportunity for children to participate in physical activity for at least 30% of centre's opening hours

- Physical activity for babies and toddlers resource



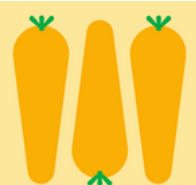
Supportive environment for physical activity, both indoors and outdoors

- Equipment to enhance physical activity for preschoolers



Use of screen time is to facilitate physical activity or extending on learning and children's interests

- 24-hour movement guidelines brochure or magnet



'The heart of a child'
by Worimi Artist
Lara Went

Good for kids
Good for life

