

# How Munch & Move links to the National Quality Framework

Munch & Move is a free program which aims to promote and encourage children's healthy eating and physical activity and limit screen time. Munch & Move aligns with the early childhood sector's National Quality Framework (NQF) and the following examples demonstrate how Munch & Move links with each of the 7 National Quality Standards (NQS).

## Quality area 1: Educational program and practice

Munch & Move supports services to provide engaging and meaningful learning experiences related to healthy eating and fundamental movement skills. Intentional teaching is encouraged to guide and support children's learning, while planning, assessment, and review will ensure the individual needs of children are being met.

### Implementing the following Munch & Move components contributes to quality area 1:

- Intentional teaching of healthy eating learning experiences 2 to 4 times a week
- Allow opportunities for spontaneous and intentionally taught fundamental movement skills
- Provide opportunities and plan for both indoor and outdoor physical activity
- Encourage appropriate use of small screen recreation for children 2 to 5 years

### Summary

Munch & Move encourages engaging and meaningful learning experiences which align with children's individual needs and interests. This develops a strong foundation of skills and knowledge about health and wellbeing.

## Quality area 2: Children's health and safety

Munch & Move supports services to encourage healthy eating, physical activity, and appropriate use of screen time. Collectively these practices promote child health, wellbeing and safety.

### Implementing the following Munch & Move components contributes to quality area 2:

- Encourage and support breastfeeding
- Intentional teaching of healthy eating learning experiences at least twice a week for children
- Provide opportunities and plan for both indoor and outdoor physical activity
- Allow opportunities for spontaneous and intentionally taught fundamental movement skills
- Support families in providing a balanced lunchbox
- Develop a menu that has been reviewed in line with menu planning guidelines
- Encourage appropriate use of small screen recreation for children 2 to 5 years

### Summary

Munch & Move encourages an environment which aligns with national guidelines on healthy eating, physical activity, and screen use. Children actively learn how to make healthy choices regarding food and physical activity which supports their health and safety.



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## Quality area 3: Physical environment

Munch & Move provides strategies for creating a physical environment that encourages active play and exploration, allowing children to develop motor skills and engage in movement. Educators can utilise outdoor and indoor spaces for active games, to promote physical activity in all weather conditions.

### Implementing the following Munch & Move components contributes to quality area 3:

- Access to age-appropriate portable physical activity equipment for children's use
- Provide opportunities and plan for both indoor and outdoor physical activity

#### Summary

Munch & Move encourages ECECs to create a physical environment that will maximise child physical activity and motor skill development.



## Quality area 4: Staffing arrangements

Munch & Move encourages educators to undertake professional development in nutrition and physical activity and supports this process with links to free learning opportunities. The ACECQA quality improvement process is also promoted by M&M.

### Implementing the following Munch & Move components contributes to quality area 4:

- Educators create a supportive mealtime environment
- Provide opportunities and plan for both indoor and outdoor physical activity
- Reflecting on healthy eating and physical activity as part of self-assessment

#### Summary

Munch & Move promotes staff professional development, and ECEC quality improvement to enhance child health and wellbeing outcomes.



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## Quality area 5: Relationships with children

Munch & Move encourages respectful, positive and supportive relationships as educators promote, role model and encourage healthy behaviours with the children. Educators are engaged with the children in their care and provide positive support and guidance for healthy choices, and an environment of trust and respect.

### Implementing the following Munch & Move components contributes to quality area 5:

- Provide positive feedback for trying new foods
- Engage in conversation with children at mealtimes
- Role model positive behaviours for healthy eating, physical activity and screentime
- Provide constructive and supportive feedback to children when teaching fundamental movement skills

#### Summary

Munch & Move promotes positive, respectful and supportive relationships so children feel supported to make healthy choices.



## Quality area 6: Collaborative partnerships with families and communities

Munch & Move encourages collaborative partnerships with families through effective communication and by encouraging opportunities for family involvement. The diverse needs of families from differing cultures, values and background are also respected.

### Implementing the following Munch & Move components contributes to quality area 6:

- Share health information with families in relation to healthy eating and physical activity
- Demonstrate services supports and encourages breastfeeding by displaying posters, stickers and communicating during orientation
- Supportive healthy eating conversations and supports families in providing a balanced lunchbox
- Celebrate culturally significant events such as NAIDOC, Diwali, Ramadan and Lunar New Year with healthy eating and physical activity experiences



#### Summary

Munch & Move promotes positive, collaborative partnerships between ECECs and families to encourage a consistent approach that supports children's health and well-being.



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## Quality area 7: Governance and leadership

Munch & Move supports ECEC leaders in their governance strategy to promote health and wellbeing across the entire service. This includes embedding policies that support healthy eating and active living, and ensuring that staff are well-trained and supported in delivering the program

### Implementing the following Munch & Move components contributes to quality area 7:

- Educators attend professional development in healthy eating and physical activity
- Service reflects on healthy eating and physical activity as part of their self-assessment
- Have written nutrition, physical activity, screentime and breastfeeding policies, procedures or guidelines
- Support educators in their role and implementation of Munch & Move.



### Summary

Munch & Move encourages leadership that supports the implementation of the program, setting the foundation for a culture of health and wellbeing within the educational setting.

## Munch & Move practice areas

- **Practice 1:** Service encourages and supports breastfeeding.
- **Practice 2:** Service communicates with families when children's lunchboxes are not consistent with the Australian Dietary Guidelines.
- **Practice 3:** Service menu is consistent with NSW Health Menu Planning Guidelines.
- **Practice 4:** Service provides intentional learning experiences about healthy eating, at least twice/week.
- **Practice 5:** Staff create a positive healthy eating environment for children.
- **Practice 6:** Service provides opportunities for physical activity at least 30% of opening time.
- **Practice 7:** Service provides a supportive physical environment.
- **Practice 8:** Service provides daily opportunities for FMS for children 3-5 yrs.
- **Practice 9:** Service use of small screen recreation is appropriate.
- **Practice 1 and 10-12:** Service has written policies regarding nutrition, physical activity, small screen recreation and breastfeeding.
- **Practice 13:** Service has provided health information to families within the past 12 months.
- **Practice 14:** At least 50% of educators have accessed professional development in nutrition and in physical activity.
- **Practice 15:** Service cook has completed training in providing nutritious meals and snacks for children.
- **Practice 16:** Service monitors and reports on healthy eating and physical activity objectives annually as part of their continuous quality improvement process.



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