



Munch & Move Newsletter

Welcome to our Good for Kids team newsletter, where we share all the latest on embedding healthy eating and physical activity at your service.

November 2025

Outdoor Classroom Day

Outdoor Classroom Day (6th November) is a worldwide event that encourages children to go outside to learn and play. Learning outdoors helps kids stay curious and creative while growing and learning through real-life experiences.

The [Outdoor Classroom Day website](#) has great ideas on how to incorporate outdoor learning into existing lessons. Here are 5 ideas for nature play activities:

1. Take a basket on walks and collect natural items like pebbles, fallen leaves and feathers.
2. Play a game of outdoor bingo – who will be the first to spot a black bug, a brown bird or a white flower?
3. Make a wind chime out of twigs, pinecones, shells and anything else you can find.
4. Use old pots and pans to make mud pies and garden soups! If you have the space, create a little mud kitchen in the corner of your outdoor space.
5. Make a crown out of twigs, fallen leaves and other natural materials.



Link to NQS:

QA 1: Educational Program and Practice

QA 2: Children's Health and Safety

QA 6: Collaborative Partnerships with Families and Communities

Transition to School resource

Starting big school

What you need to know

- Educators play an important role in ensuring children's behavior and skill development associated with eating.
- It is helpful for educators to share these observations with parents to allow families to support their child at their current stage of development in their home environment.
- To help prepare children as they transition to school, encourage families to pack and eat from a lunchbox at preschool.

Little fingers need help

Opening packages and containers can be a challenge for preschoolers. Try these activities with them to improve their dexterity and fine motor skills.

- **Teaching paper.** A simple motion to separate paper and opening, common to many children's toys.
- **Opening bottles.** Great practice for opening a bottle and applying force with the other hand, like opening a bottle.
- **Container match-up game.** Use several different lunch containers, remove the lids and mix them up. Can the children match them back up with their correct containers?
- **Opening bottles.** Use a non-inflated balloon and allow the children to practice opening a bottle by pulling the balloon over the opening.

Role playing at preschool

Organize a 'lunchbox day' at your service to prepare children for their transition to primary school. Parents experience opening and children to see how to open things. Use these ideas for your service and provide a positive experience.

- If children need a little more practice opening packages or eating from a lunchbox, encourage families to go to a lunchbox party!

What is Crunch & Sip?

Crunch & Sip is a time during the day when primary school children eat vegetables or fruit and drink water during class time to refuel and maintain concentration.

It has been found that children more frequently bring fruit to their Crunch & Sip snack.

Age	Crunch	Sip
3-4 years	1/2 cup	1/2 cup
4-5 years	1/2 cup	1/2 cup
5-6 years	1/2 cup	1/2 cup

What is Crunch Time?

Crunch Time is integrated into the Munch & Move program. It is designed to prepare preschool children for Crunch & Sip as they transition into primary school, with a strong focus on increasing vegetable intake. It is held a designated time each day where children do a Crunch Time activity or eat vegetables while continuing to play.

To prepare children for primary school they will incorporate Crunch Time at your service! Children do a snack where parents or families provide a vegetable snack for children to eat.

A new approach

Starting children to eat their vegetables doesn't have to be stressful. Start off by introducing them to vegetables in a fun way.

Take the guesswork out of introducing vegetables to kids with these fun activities.

Art

Get creative with vegetable art! Use vegetable scraps to create art projects. Vegetable scraps and vegetable waste is the perfect art supply. Use vegetable scraps such as carrot tops, cucumber peels, and more to create art projects.

Games

Use a variety of games to introduce or reinforce children's vegetable knowledge. Try games like 'Vegetable I Spy' or 'Vegetable Charades'.

Challenge

Challenge children to eat a vegetable every day for a week. Use a checklist to track their progress.

Story time

Read books about vegetables. Use the stories to introduce new vegetables to children.

Fast facts

- Fruit and vegetables are full of essential nutrients that help children grow and stay healthy.
- Although most Australian kids eat enough fruit, less than 20% eat enough vegetables.

Want to help children at your service have a smooth transition to school?

The Munch & Move team from the Illawarra Shoalhaven Local Health District have developed an educator resource focusing on lunchboxes and transition to school.

Check out the resource for:

- ✓ Tips on how educators can prepare children for primary school
- ✓ Activities to improve dexterity and fine motor skills - these help children to open packages and containers at lunchtime!
- ✓ Information around crunch and sip
- ✓ Fun ways to introduce vegetables

Link to NQS:

QA 1: Educational Program and Practice

QA 2: Children's Health and Safety

QA 6: Collaborative Partnerships with Families and Communities

Download 'Transition to school' resource

Sharing health information with families

As the year draws to a close, it's important to provide families with information that supports them in preparing their child for school.

The Illawarra Shoalhaven Munch & Move team have also created a transition to school resource for parents to build their child's confidence and skills to ensure they feel ready for this new adventure.

You may like to download this resource to share with families who have a child starting school next year or share digitally via your communication platforms.



Link to NQS:

QA 2: Children's Health and Safety

QA 6: Collaborative Partnerships with Families and Communities

Download 'A healthy start to big school' resource

Professional Development - Taste & Learn for Early Years

[Taste & Learn for Early Years](#) is an evidence-based program providing educators with lesson plans and activities to increase children's vegetable enjoyment and willingness to eat vegetables.

The Taste & Learn program was designed and written by leading experts, including research scientists, nutritionists and educators from CSIRO, Flinders University and Nutrition Australia.

Program components:

- ✓ An 8-week structured program for children aged 2-5 years
- ✓ 16 teaching sessions approx. 20 minutes each, delivered twice weekly
- ✓ 16 snack time activities approx. 10 minutes each, delivered twice weekly

All activity components contribute to a number of National Quality Standards (NQS), Early Years Learning Framework (EYLF) and developmental skills.

Link to NQS:

QA 1: Educational Program and Practice

QA 2: Children's Health and Safety

QA 7: Governance and Leadership

Download the Taste & Learn program



FMS of the month: Striking

Fundamental movement skills (FMS) are the building blocks of movement. Children do not naturally learn these skills as part of their normal growth and development, making it important FMS are intentionally taught. Educators should provide frequent opportunities for children to explore, practice and develop these skills, whilst keeping it fun.

As children develop greater skill and confidence in these activities, they will feel more comfortable participating in games and sport, boosting social skills and encouraging lifelong physical activity.

Our October fundamental movement skill is **STRIKING a stationary ball**.

Check out these Munch & Move videos for tips on how to teach the skill and an activity to practice:

[STRIKING A STATIONARY BALL - Munch & Move](#)

[STRIKING ACTIVITY - Munch & Move](#)

Link to NQS:

QA 1: Educational Program and Practice

QA 2: Children's Health and Safety



Babies and Toddlers group



Thank you to everyone who attended the Munch & Move for Babies and Toddlers workshops this year!

We had three presentations in 2025 with over 100 participants in total

- ◆ Tabytha Luschwitz from NSW Aboriginal Education Consultative Group
- ◆ Kelly Cameron, Speech Pathologist, from HNEKids
- ◆ Michelle Newby from Stepping Stones Occupational Therapy

Next year the Munch & Move for Babies and Toddlers group will expand to include professional development for educators working with children from 0 to 5 years. Stay tuned for some great presenters planned for 2026!

Are you looking to update your babies and toddlers rooms for 2026? Check out the new 'Equipment for active infants and toddlers' resource developed by the Good for Kids team.

Link to NQS:
QA 2: Children's Health and Safety
QA 7: Governance and Leadership

[Download 'Equipment for active infants and toddlers' resource](#)

Coming in early 2026.....Munch & Move Express

One for the diary, the Good for Kids team will run the next Online Munch & Move Express on Wednesday 28th January 2026. A session will run at lunchtime (12 - 1pm) and again in the evening (6 - 7pm) to accommodate different work schedules.

Primary school preschools - this will be a great session for one of your staff professional development days!

This FREE 1-hour workshop will provide an overview of Munch & Move including:

- ✓ Practical strategies for embedding the fundamental movement skills into your program
- ✓ Food learning experiences
- ✓ Including Munch & Move in your QIP.

All attendees will receive a certificate of attendance. Hope to see you there 🥰



[Register for 12 - 1pm session](#)

[Register for 6 - 7 pm Session](#)

Link to NQS:
QA 1: Educational Program and Practice
QA 2: Children's Health and Safety
QA 7: Governance and Leadership

Where to get more information?

Munch & Move Hunter New England: [Early Childhood Services - Good for Kids](#)

Munch & Move Newsletters: [Munch & Move Newsletters | Good for Kids, Good for Life](#)

Munch & Move Resources: [Resources - Munch & Move](#)

Embedding Aboriginal Perspectives in Munch & Move: [Embedding Aboriginal Perspectives: A Guide for Early Childcare Services](#)

Australian Breastfeeding Association: [Australian Breastfeeding Association](#)

Mini Moves Fundamental Movement Skills resources: [Mini Moves - Munch & Move](#)

A Spotlight on Munch & Move training package: [Click here to register](#)

Small Bites for Big Steps: [Small Bites for Big Steps - Munch & Move](#)

Follow us



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The Good for Kids team acknowledges the traditional custodians of the lands on which we live, work and practice and pay our respects to Elders past and present.



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

Good for kids
Good for life

