

How Munch & Move links to the Early Years Learning Framework

Munch & Move directly relates to the early childhood sector's National Quality Framework (NQF) and Early Years Learning Framework (EYLF).

Below are examples of how Munch & Move can support children's learning aligning with the EYLF Learning Objectives

Outcome 1: Children have a strong sense of identity

Educators:

- Role model physical activity and healthy eating behaviours
- Scaffold the fundamental movement skills
- Use positive language to support children trying new foods and physical activity experiences
- Recognise and celebrate cultural backgrounds through healthy eating and physical activity
- Encourage children to self-serve during mealtimes
- Promote division of feeding responsibility (listening to own hunger and fullness cues)
- Encourage autonomy in active play
- Support children to learn from peers
- Program for different learning styles
- Promote positive mealtime environments and conversations using neutral language
- Create a supportive environment amongst children for learning in relation to healthy eating and physical activity
- Support embedding Aboriginal perspectives
- Promote a breastfeeding friendly environment through breastfeeding signage and story books for children
- Respect child's autonomy

Outcome 2: Children are connected with and contribute to their world

Educators:

- Support embedding Aboriginal perspectives
- Respect differences in abilities and learning styles (e.g. during FMS practise)
- Invite community members to visit for incursions e.g. cooking experiences, gardening, physical activity games
- Encourage conversations during shared mealtimes
- Ensure Munch & Move can be adapted to various cultures
- Support children to participate in group games and turn-taking.
- Encouraging children to self-serve during mealtimes
- Ensure resources are inclusive of diverse needs
- Encourage composting and gardening as a healthy eating learning experience
- Encourage recycling and upcycling of food wrappers
- Utilise food waste for healthy eating learning experiences



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

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Outcome 3:

Children have a strong sense of wellbeing

Educators:

- Encourage physical activity in both indoor and outdoor play.
- Role model and participate in physical activity and fundamental movement skills practise.
- Encourage early participation in fundamental movement skill practise to develop children's skills and confidence to participate in sports.
- Promote responsive feeding
- Ensure physical activity environment promotes child-led physical activity
- Scaffold children's learning with a focus on healthy eating learning experiences
- Create supportive and positive mealtime environments
- Limit screen time - only allow for developing children's knowledge and interests or to facilitate physical activity
- Promote sleep guidelines for children in accordance with the 24 hour movement guidelines



Outcome 4:

Children are confident and involved learners

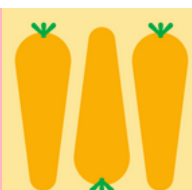
Educators:

- Encourage various opportunities to practise fundamental movement skills
- Support children on their effort and process of learning fundamental movement skills rather than outcome or product
- Support and encourage trying new foods
- Use healthy eating learning experiences to support other learning outcomes (e.g. science experiments)
- Use physical activity to support other learning outcomes (e.g. measuring and counting distance of the obstacle course)
- Support transferring and combining fundamental movement skills to a game
- Encourage healthy eating and physical activity skills learned at home to be used in care
- Transfer imaginative play skills to life skills such as home corner to cooking experience
- Use natural materials in play (e.g. garden)
- Ensure the environment is set up for children to initiate healthy eating and physical activity experiences
- Role model and participate in physical activity

Outcome 5: Children are effective communicators

Educators:

- Support children's social skills during mealtimes and lead conversations with neutral language
- Encourage and support participation in group games through physical activity and healthy eating learning experiences
- Encourage the use of books, songs, audio books and dreaming stories around healthy eating and physical activity
- Support the appropriate use of screens to facilitate physical activity such as yoga, Munch & Move playlist
- Facilitate children's learning about healthy eating through technology by researching science experiments, food processing and where does food come from.



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