



How *Munch & Move* relates to the Early Years Learning Framework (EYLF)

Munch & Move is a program offered to all NSW early childhood education and care services. The program aims to promote and encourage children's healthy eating and physical activity and limit small screen recreation (eg. watching television, using electronic media such as DVDs, computer and other electronic games).

The *Munch & Move* training workshop is delivered by an early childhood Registered Training Organisation familiar with the EYLF. The links between *Munch & Move* and the EYLF are highlighted throughout the training presentation; some examples of these links are shown below:

EYLF Outcome 1: Children have a strong sense of identity

Example: Group movement games and healthy eating experiences – *Munch & Move* includes a range of group movement games and healthy eating experiences. Involvement in these experiences helps develop children's sense of belonging as a member of the group and improves their skills in turn taking, cooperation and self regulation. Children also gain an increasing awareness of the rights and achievements of others.

Example: Filming FMS experiences – Filming children's involvement in *Move* learning experiences encourages them to celebrate their achievements, build their confidence and share their experience with others. It also enables children to safely approach new situations with confidence and to persist when faced with challenges.



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

Example: Create a *Munch & Move* fruit and vegetable garden - Encourages caring for a group project and enables children to recognise that they belong to other communities. It gives children the opportunity to participate in meaningful ways through shared decision making about the caring and expectations of the garden.

Children can demonstrate an increased knowledge of and respect for the natural environment. The garden can be harvested by the children and used to prepare healthy snacks and lunches.

Example: Action games / songs from different cultures – *Munch & Move* provides the opportunity to explore with the children action games / songs specific to their own cultural backgrounds and that of others. During these experiences, educators can engage the children in positive conversations about diversity and the connections, similarities and differences between people.

EYLF Outcome 3: Children have a strong sense of wellbeing

Example: Healthy cooking experiences - *Munch & Move* encourages education and care services to involve children in 'hands-on' healthy cooking experiences. Preparing / cooking foods such as fruit or vegetable skewers, fruit muffins, rice paper rolls or vegetable soup engages children in a fun way that enhances their food preparation and cooking skills, allows for conversations that promote healthy eating and generally contributes to a sense of wellbeing.



Example: *Munch & Move* planned and spontaneous FMS experiences - Allows children to energetically engage in fun active play that is being safely and enthusiastically modelled by educators. Early, positive experiences with active play helps provide the foundation for ongoing positive participation in physical activity and promote a sense of wellbeing.

EYLF Outcome 4: Children are confident and involved learners

Example: *Munch & Move Obstacle Course* (varying heights of trestles, planks, tunnels, balancing boards, stepping stones, etc) - Educators can plan with the children the appropriate levels of challenge, allowing children to take appropriate risks. Through planning together, children learn to make predictions and generalisations as they place equipment and build experience through trial and error.

Example: *Water experiments* – Linking to the *Munch* Key Message of ‘Choose Water as a Drink’, educators plan a variety of water experiments (eg colourful celery, splashing water onto a path, sponges, watering plants). Educators explore and investigate with the children what will happen to the water, plants, sponge, path - leading the children in discussions and predictions about what they are observing and recording the results. Educators link the disappearing water in these experiments to water disappearing into our bodies as we drink.

EYLF Outcome 5: Children are effective communicators

Example: *Using children’s story books to draw out healthy eating messages* (eg, *The Very Hungry Caterpillar*, *Handa’s Surprise*) – Sharing these books with the children allows educators to ask and answer questions and encourage discussions regarding the key *Munch* messages.



Example: *Using the internet to explore healthy eating messages* - Educators can provide children with access to a range of technologies to explore images and information related to healthy eating – supported with related conversations.



Example: *Singing and dancing to the *Munch and Move* CD* - Through singing the action songs with the children and enthusiastically modelling the movements, educators are exploring other forms of communications with the children.

For further information, visit the *Munch and Move* pages on the Healthy Kids website:
www.healthykids.nsw.gov.au