

Starting big school

Lunchboxes - educator resource



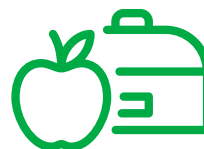
Wash hands before eating



Practice taking lunchbox out of school bag



Allow children time for opening packaging, eating and interacting



Teach children names for lunch breaks (i.e. big lunch or 2nd break)



Teach children about placing rubbish in the correct bin

Did you know?



- Educators play an important role in observing children's behaviour and skill development associated with eating.



- It is helpful for educators to share these observations with parents to allow families to support their children 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 lunch box at preschool.

Little fingers need help

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

- **Tearing paper.** A similar motion to tearing packages and opening cartons.
- **Breaking sticks.** Great practice for stabilising one hand and applying force with the other, like peeling a banana.
- **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 container?
- **Stretching balloons.** Use a non-inflated balloon and allow the children to practice stretching it. This requires a similar pinching motion to opening a ziplock bag.



Role playing at preschool



Organise a 'lunch order day' at your service to prepare children for their transition to primary school - parents experience ordering and children try new foods. To keep things simple for your service and families you may want to limit menu choice.



If children need a little more practice around opening packages or eating from a lunchbox, encourage families to go on a lunchbox picnic?

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 as their Crunch & Sip® snack.

How many serves a day of veg should my child be eating?

Age	Boys	Girls
2 to 3 yrs	2.5	2.5
4 to 8 yrs	4.5	4.5

1 serve = ½ cup cooked veg or 1 cup raw veg and leafy greens

What is Crunch Time?

Crunch Time is integrated into pre-existing Munch & Move practices. 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 may be a designated time each day where children do a Crunch Time activity or eat vegetables whilst continuing to play.

To prepare children for primary school why not incorporate Crunch Time at your service? Choose one day a week where services or families provide a vegetable snack for children to eat!

A new approach

Getting children to eat their vegetables doesn't have to mean broccoli stand-offs or tantrums over tomatoes.

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

Art



Get creative with vegetable off-cuts: broccoli paint brushes, cucumber stamps and capsicum stencils. Use colourful dips such as beetroot hummus instead of paint - creative and edible.

Create



Rice cakes spread with ricotta or cottage cheese make great canvases to create veggie faces. Try grated carrot, zucchini noodles, cherry tomatoes or alfalfa sprouts.

Challenge



Create Crunch Time teams and challenge children's vegetable intake each week: Which group ate the most variety? etc.

Story time



Try reading 'The Magic Lunchbox', 'Little Pea' or another vegetable-themed tale.

Fast facts

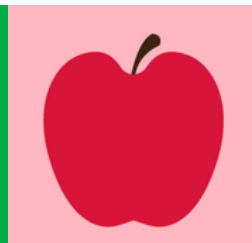
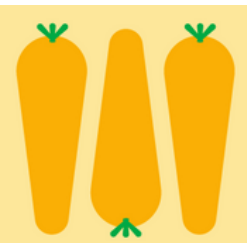


Fruit and veggies are full of essential nutrients that kids need to be healthy.



Although most Aussie kids eat enough fruit, less than 2% of kids aged between 2-8 years eat enough veggies!

Illawarra Shoalhaven Local Health District, 2023. DT21/32130.



Munch & Move

