

The Redwoods Country Kindergarten Healthy Eating Guidelines

May 2019



We support our children in learning healthy eating habits at a young age and are guided by the Ministry of Health website, May 14, 2019.

2-5 year olds should aim for at least 2 servings of vegetables and 2 servings of fruit each day.

Children over 5 years should try to have at least 3 servings of vegetables and 2 servings of fruit each day.

Choose whole-grain breads instead of white breads.

Use margarine instead of butter and spread thinly.

Encourage your family to drink water or reduced-fat milk rather than soft drinks, cordial or sports drinks.

Choose reduced fat milk and yoghurt for everyone in the family aged 2 years or older.

Reward your child with attention and hugs instead of food treats such as sweets.

Avoid cakes, biscuits, sweet muffins, lollies and chocolate.

Replace sour cream or coconut cream with reduced fat unsweetened yoghurt, lite coconut cream, coconut milk or light evaporated milk.

Choose sandwiches, filled rolls or savoury bread cases instead of pies, pastries, potato chips and sausage rolls.

Fresh fruit, popcorn, a glass of reduced fat milk or a small sandwich make great snacks.

Choose home-made burgers and oven wedges instead of commercial burgers, pizzas and fried foods.

Guidelines around choking in young children:

The Ministry of Health has recently updated their guidelines for preventing choking in young children. Their guidelines centre around children under the age of five and there is some helpful advice for parents and educators to minimise the risk.

Always make sure babies and young children sit down while they eat, and that someone is with them while they are eating or drinking.

Offer food that matches their chewing and grinding abilities.

Be aware of foods which are more likely to cause choking:

small hard foods that are difficult for children to bite or chew (eg, nuts, large seeds, popcorn husks, raw carrot, apple, celery)

small round foods that can get stuck in children's throats (eg, grapes, berries, raisins, sultanas, peas, watermelon seeds, lollies)

foods with skins or leaves that are difficult to chew (eg, sausages, chicken, lettuce, nectarines)

compressible food which can squash into the shape of a child's throat and get stuck there (eg, hot dogs, sausages, pieces of cooked meat, popcorn)

thick pastes that can get stuck in children's throats (eg, chocolate spreads, peanut butter) fibrous or stringy foods that are difficult for children to chew (celery, rhubarb, raw pineapple). Reduce the risk of choking on these foods - you can:

alter the food texture - grate, cook, finely chop or mash the food.

remove the high risk parts of the food - peel off the skin, or remove the strong fibres

avoid giving small hard foods, such as whole nuts and large seeds, until children are at least five years old.

Parents and caregivers need to learn choking first aid and CPR.

For information on choking first aid and cardiopulmonary resuscitation (CPR), see your Well Child Tamariki Ora Health Book or the HealthEd website. Child Tamariki Ora Health Book or the HealthEd website.

Our children sit to eat and at kai times a teacher often sits with the children. At other times children that are eating are closely supervised. There is a balancing act between being aware of and limiting risky foods with the benefits of eating a wide and varied diet, trying new foods in the company of others and developing all the muscles and sensory awareness required for a healthy diet. Most of the children's food is brought from home and most of our children are close to the age of three or older.