

## Healthy eating and physical activity for kids

All young children need help to establish patterns of **good eating** and **exercise** for their present wellbeing and for a healthy life.

Within this broad focus area, **obesity** and **food allergies/intolerances** can present particular problems and can have a major impact on many children and their families, if not handled appropriately.

A key part of learning about and adopting **healthy lifestyles** involves children seeing these **modelled** positively and enthusiastically by the important people in their lives. To read more about this, [click here](#) to view a newsletter developed by Early Childhood Australia.

There are guidelines provided by the government and other organisations to help parents make **good choices** about food and drink for children. Just as important as implementing good habits is that adults have conversations with children and provide opportunities for them to learn about eating **nutritious foods** and how that contributes to good health.

Healthy eating habits begun in childhood can have a lasting effect. Every child also needs opportunities every day to be **physically active** and practice new physical skills, either indoors or outdoors.



Childhood obesity can negatively contribute to the health and wellbeing of young children. A wealth of information about physical activity and healthy eating for young children is available through the [Get Up & Grow program](#). The resources include guidelines, information for families, recipes and posters.



Learning about healthy lifestyles contributes to children's sense of wellbeing and builds their confidence in themselves.

Adults can help children learn about healthy eating, hygiene and how to keep fit and active. As children become more independent, they can take greater responsibility for their own health, safety and wellbeing.



REFERENCE:

<http://www.earlychildhoodaustralia.org.au/parent-resources/childrens-health-nutrition/>



Need help with teaching children how to be healthy and maintain a well-balanced diet?

Please contact OSCAR Hospitality's Dietitians via our details below.