

Hygiene and Food Safety

Parents and caregivers are reminded of a few simple food safety rules to prepare safe and healthy school lunches and avoid the growth and contamination of bacteria.

- Before handling food, wash hands with soap and warm running water and dry thoroughly. Lunch boxes and eating utensils should also be washed thoroughly before reuse. Children should also be encouraged to always wash their hands before eating.
- Foods that are prepared the night before, such as sandwiches, should be frozen overnight and then taken out for each day's school lunch. Suitable foods to freeze are: bread, cooked meat, cheese, baked beans or vegemite.
- Perishable foods such as dairy products, eggs and sliced meats should be kept cool, and eaten within about four hours of preparation. Don't pack these foods if just cooked; first cool in the refrigerator overnight.
- If including leftover meals such as meats, pasta and rice dishes, ensure you pack a frozen ice brick into the lunch box.

References

Eat Smart, Play Smart

www.heartfoundation.com.au/index.cfm?page=298 - 22k

Better Health Channel, Victoria, Food fact sheets

www.betterhealth.vic.gov.au/ - 33k - 31 Dec 2006

Tucka Talk

www.healthpromotion.act.gov.au/c/hp?a=da&did=1003008&pid=1157075268

Eating Well for Children

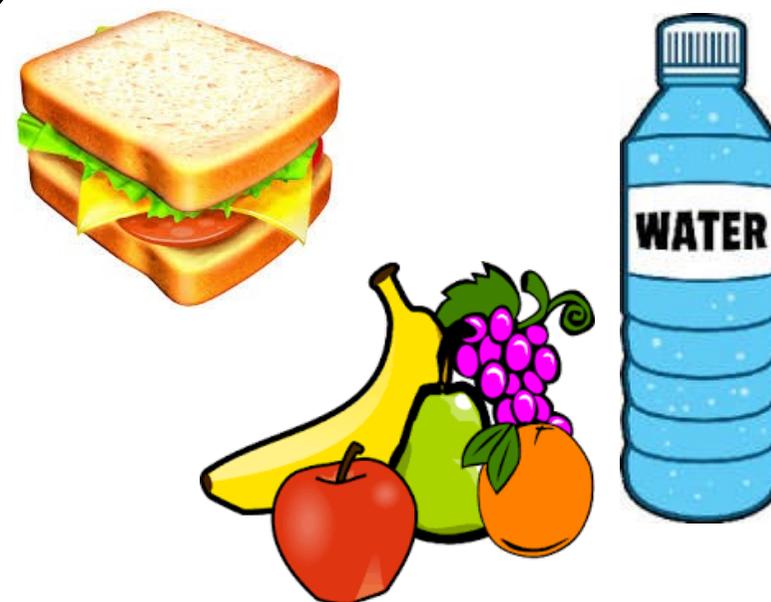
www.healthinsite.gov.au/topics/Eating_Well_for_Children

Useful links

www.daa.asn.au/index.asp?pageID=2145834199 - 33k

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A Healthy Start to
School

Food and Nutrition at
Wanniassa Preschool

What are the children learning?

In partnership with parents we are aiming to give children a healthy start to school. *“A regular intake of food is needed throughout the day to keep children active and help their concentration while learning.”* (Better Health, Victoria)

We are aiming to make eating times at Preschool an enjoyable part of the day where children are learning about food and their bodies. We talk a lot with children about “sometimes foods” and “everyday foods”. Everyday foods include grains, breads, fruit, vegetables, dairy products and meats.

Sometimes foods include cakes, biscuits, chips, lollies etc. Sometimes foods tend to be those higher in fat, sugar and salt.

We ask that parents send a variety of “everyday” foods in their children’s lunchboxes. Children can be involved in choosing and helping to pack their own morning teas and lunches. Remember to talk to them about making healthy choices.

Children are also learning about their bodies during eating times. We talk about the need to sit down and eat. We discuss the need for hand washing and making sure we wash off any germs that might make us sick. We also talk about the need to eat a reasonable amount of food in order to keep energy levels up.

Some Lunch Ideas



SAVOURY MUFFINS

1 onion, finely sliced
100 g ham, finely sliced
1 zucchini, grated
200g self raising flour
100g grated cheese
1 teaspoon baking powder
1 egg
75ml milk

In a pan, cook off the onion until onion has softened and add the ham. Mix in the grated zucchini, season with freshly ground salt and pepper and then set aside to cool.

Sift the flour and baking powder into a bowl, add the cooled onion/ham/zucchini mix and stir well.

Add the grated cheese and mix again - using a fork helps you separate any clumps that form.

Beat the egg and milk in a small bowl, then add to the dry ingredients. Stir it through until it's just mixed - you don't want to overwork the mix or it will toughen. Grease and flour your muffin tins and spoon in the mix, just below the level of the rim.

Cook in a preheated moderate oven 180°C/350°F for about 15-20 minutes depending on the size you've made. Turn out onto a wire rack.



FRUIT SALAD

2 cups melon, peeled and chopped
(watermelon, rockmelon or honeydew melon)
1 banana, peeled and sliced
½ pineapple, cored and cubed
1 kiwi fruit, peeled and cubed
Pulp of 3 passionfruit
Juice of 2 oranges

Combine all fruit in a large serving bowl. Stir through passionfruit and pour over juice and mix. Serves 6.

Some Lunch Ideas



VEGETABLE NOODLE SALAD

Combine cold cooked hokkien or thin noodles, shredded carrot, celery, snow pea sprouts, diced capsicum with a reduced fat dressing.

ZUCCHINI SLICE

375 grams zucchini, grated (approx. 1 1/2 half large zucchini)
3 rashers bacon, finely chopped (or 1 cup diced ham)
1 large onion, diced
1 cup cheddar cheese, grated
1 cup self-rising flour, sifted
5 - 6 eggs, lightly beaten
1/2 cup vegetable oil
salt and pepper to taste



Place all the ingredients into a large mixing bowl and mix with a wooden spoon until combined. Pour mixture into a well greased lamington tin (16cm x 26cm), sprinkle with extra cheese and bake in a moderate oven for 30-40 minutes until golden brown on top. Remove from tin. Cut into slices. Can be

CHICKEN SALAD WRAP

1 tsp mayonnaise
Slices of cold chicken
Grated carrot
2 lettuce leaves
1/2 Roma tomato



Flat bread (tortilla, mountain bread etc.)
Line bread with lettuce leaves and top with other ingredients. Roll tightly and wrap in cling wrap.

Developing independence

The children are developing independence in accessing their own morning teas and lunches from their bags. The bags hang in an area where they are in shade from about 10.00am onwards. To keep lunches cool and fresh, we suggest you include a child safe ice brick.

The children are learning to decide what's morning tea and what's lunch. You may like to talk with them about this as you pack the lunchbox. They may be able to choose from a couple of items (e.g. Will I have my apple or banana for morning tea? Which one will I save to eat with lunch?) Staff are always available to help them to make appropriate decisions.

Children are learning to handle their food independently. They are encouraged to try to remove wrapping for themselves and to peel easy fruit like mandarins and bananas for themselves. If they are having a problem with opening or peeling anything, we encourage them to ask for help. Asking for help is another independence skill.

Children are given plenty of time for eating. We encourage them to make sure they have had enough to keep them going throughout the day. This is another area in which they are learning to make decisions. If you have any concerns about how much your child is eating, please talk with us about it.

Some Practical Matters

When do the children eat?

Morning Tea

We usually have morning tea between 11:00 and 11.30. A healthy snack at this time helps children keep going until lunch time. A piece of fruit, cheese and crackers, yoghurt, vegetable sticks etc. are all healthy choices.

Lunch

At Preschool we usually have lunch at about 1.00. Most children are hungry by this time and are ready to eat a more substantial amount. Sandwiches, wraps, salads etc.

Where do the children eat?

Depending on the weather, we may eat inside at the tables or outside, picnic style. If we eat outside, we sit on picnic rugs or in the maze and always choose a spot in the shade.

How will I know how much my child has eaten?

Any uneaten food is sent home in your child's lunch box. Fruit peels, apple cores and lunch wrap will be thrown out at Preschool but everything else will be sent home. Children are not permitted to share their food with others (in order to avoid allergy/hygiene issues).

Food Allergies

The Preschool is allergy friendly. When children with food allergies are enrolled, we take steps to minimise the risk of these children coming into contact with foods to which they are allergic. This may involve us asking parents not to send these foods to Preschool. If we need to do this, we will contact all parents early in the school year.

Some Practical Matters

Drinks

"It doesn't really matter how old you are, water is essential for life. Water is the preferred drink for children. While milk is important for an adequate calcium intake, too much can lead to poor appetite. Three serves of dairy products daily, including glasses of milk is recommended. Children should be encouraged to eat whole fruit rather than to drink fruit juices, and juices should be limited to one small glass per day." (National Heart Foundation of Australia)

Sweet drinks, including fruit juices contain sugars (both added and natural). Too many sweet drinks can lead to tooth decay. For these reasons, we ask that children drink only water at Preschool. Water is the best thirst quencher.

Please send a labelled drink bottle containing water in your child's bag each day. On arrival at preschool the children will put their drink bottles onto the trolley. Children can help themselves to a drink at any time.

The children are reminded to have a drink at regular intervals during the day.

