



healthy

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HEALTHY TEETH & EATING FOR UNDER 5'S

LOVE  
YOUR  
TEETH



## Overview

These resources link with the Ministry of Health guidelines for healthy eating from 1 – 5 years.

### This resource will:

Build teacher's knowledge about nutrition and healthy food so knowledge can be applied within their early childhood education centres, Te Kōhanga Reo, or playcentres.

Create opportunities and support teachers to engage in conversation with whānau about healthy eating for their children.

Suggest healthy food choices and portion sizes suitable for children at different stages from 0 – 5 years old.

### Early Learning Service

Create a policy on occasional and celebration foods so that parents/whānau know that healthy food is recommended.

Have the menu planner by the parents sign in book so whanau are aware of the food being prepared by the service. Include nutritional news in your newsletter.

### Links to Curriculum and Licensing Criteria

Te Whāriki and nutrition: The provision of nutritious and culturally appropriate food for children under five is consistent with the principles, strands and goals of Te Whāriki: Early Childhood Curriculum (Ministry of Education 2017).

Also with the notion of hauora (holistic well being) as stated in the aspiration statement of Te Whāriki “competent and confident learners and communicators, healthy in mind, body and spirit, secure in their sense of belonging and in the knowledge that they make a valued contribution to society.”<sup>1</sup>

A well nourished child who is provided with opportunities to participate in the preparation, sharing and selection of healthy foods in the early childhood setting is engaging with Te Whāriki across the principles, strands and goals.

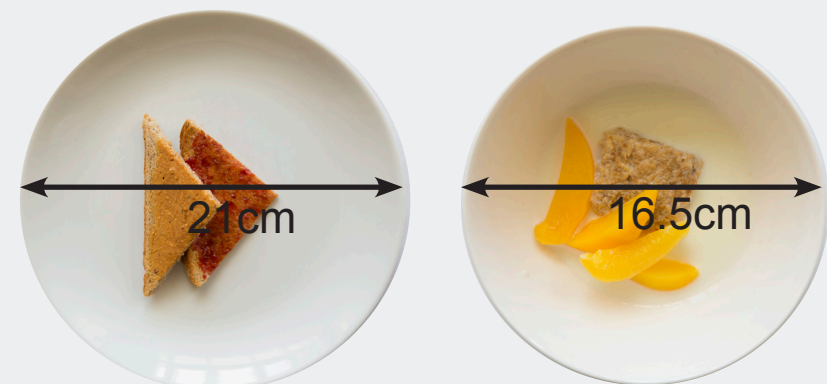
**Licensing Criteria<sup>2</sup>: Food preparation PF15 -17, Food Health and Safety HS 19 – 23 and sleep PF 29 - 38**

<sup>1</sup> Te Whāriki: He whāriki mātauranga mō ngā mokopuna o Aotearoa. Early Childhood Curriculum. Ministry of Education. 2017

<sup>2</sup> Licensing Criteria for Early Childhood Education and Care Services and Early Childhood Education Curriculum Framework 2008. Ministry of Education

## Reference

The plates in the visual resource are 21 cm cross. The bowls are 16.5 cm across.



# Babies

## Breastfeeding

Exclusive breastfeeding is recommended by the Ministry of Health until babies are around six months old. This contributes to the wellbeing of baby and whānau.

Encourage and support mothers to continue breastfeeding their children.

Ensure parents feel comfortable to feed their children in your environment.

## Food

Milk provides all the nutrition baby needs until around six months.

**Solid foods should not be introduced before an infant is four months old** because they are not physically developed enough for solids (digestive systems, kidneys, chewing and swallowing ability). Early introduction may also increase risk of allergies.

Ministry of Health recommends introducing solids around six months. **Delaying the introduction much later than six months may increase the baby's risk of iron deficiency and allergies.**

## Some reasons solids are introduced too early:

- Baby waking in the night
- Baby wanting extra milk feeds
- Baby is large for their age

These three behaviours are normal and not necessarily signs of hunger. Babies often have a growth spurt at three months so are hungrier. This does not mean they are ready for solid food. Instead, breastfeed more often to meet demand.

- Returning to work or baby starting childcare.

It is important to reassure parents that starting solids can fit in around work or childcare.

Let your baby  
**guide  
you**

Look for signs  
that your baby is  
ready for  
solids

Babies and  
infants have the  
ability to regulate  
their own appetites,  
it is important  
to listen to  
their cues

# Babies

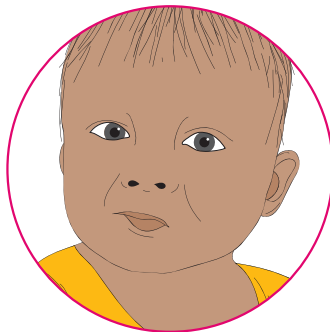
## Signs baby is ready for solids



Shows an interest in food



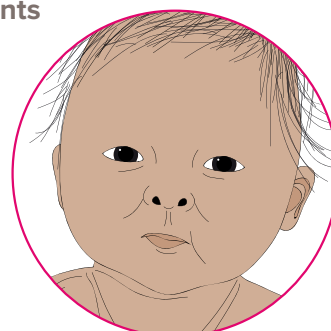
Can hold their head up and sit with less help



Makes chewing movements with their mouth



Opens their mouth when the spoon touches their lip or gets near their mouth



Can keep food in their mouth and swallow, instead of spitting out

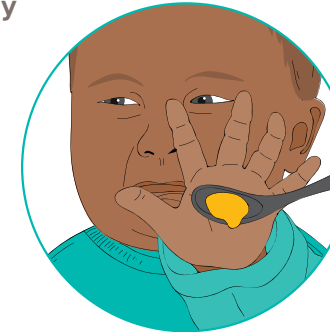
## Signs baby has had enough to eat



Turns their head away



Spits out food



Refuses food by pushing away the food or your hand



Crying and general unhappiness



Closes their mouth

# Baby's first puréed foods

## First foods:

- Smooth purées (ensure cooled before eating)
- Mild flavours
- Gradually increase texture and variety

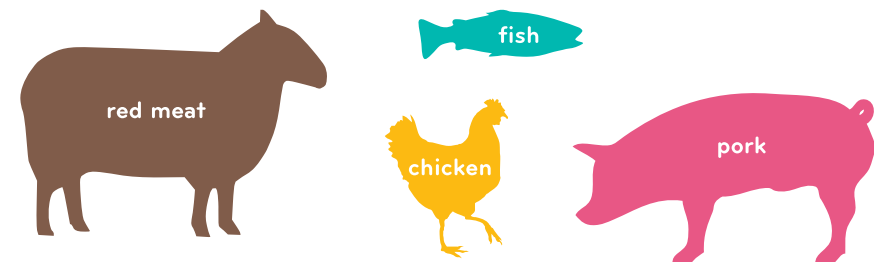
Iron is essential for healthy development.

## Include iron rich foods from six months, such as:

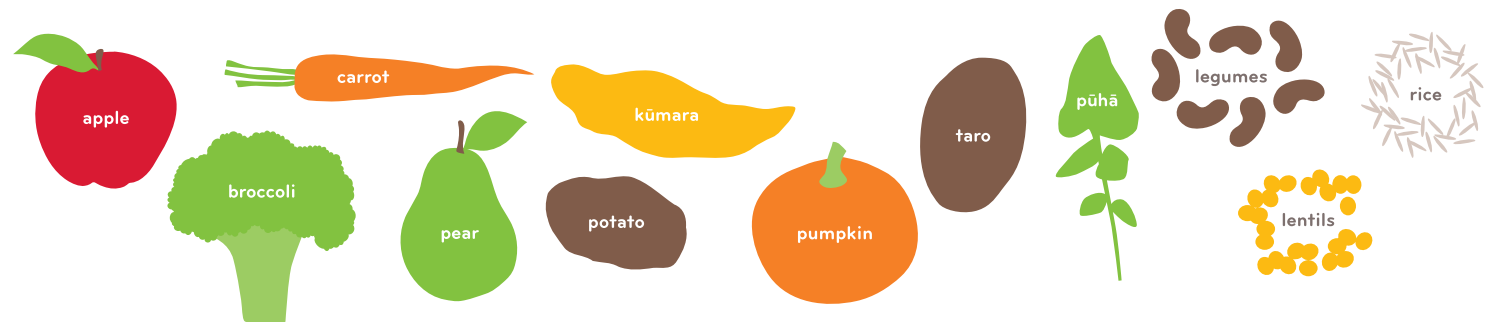
- Meat, poultry and fish
- Cereals with added iron (fortified)
- Pulses including lentils, beans and chickpeas
- Dark green vegetables including spinach, broccoli, silverbeet and pūhā
- Vitamin C helps the body absorb iron from plant sources, include colourful fruits or veges with meals

Offer milk before food - breast milk or formula are still the most important food for baby

## Cooked and puréed meat or fish



## Cooked and puréed fruit, vegetables, legumes, lentils or rice, such as



Never add salt or sugar to baby's food



Water and milk are the only drinks recommended for baby

Never give babies tea or coffee. They contain caffeine and reduce absorption of iron.

# Baby's first puréed foods



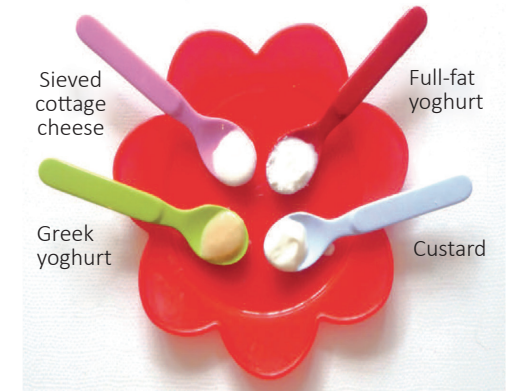
**Banana**



**Pear**



**Kūmara**



**Dairy**

But not cow's milk as a drink



**Broccoli**



**Chicken**



**Egg**



**Baby cereal**



# Baby's first finger foods (7-8 months)

## Finger foods are important

- ▶ They get babies touching and tasting foods themselves to help develop independent eating
- ▶ Children are less likely to become fussy eaters if they are more involved in feeding

## Important finger food tips:

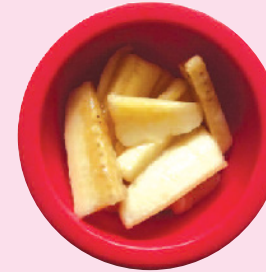
- ▶ Cut foods into pieces that are easy for baby to hold
- ▶ Offer slices of foods instead of chunks
- ▶ Peel fruit and vegetables and cut grapes and cherry tomatoes in half
- ▶ Offer a variety of finger foods as baby gets older

## Avoid:

- ▶ Foods containing pips, stones, tough skins, stringy bits or bones
- ▶ Whole grapes, whole cherry tomatoes, popcorn and chunks as they can be a choking hazard

## Start with:

Soft fruits and cooked vegetables (not mushy) such as banana, avocado and steamed carrot.



Banana



Cooked carrot

## Move onto:

Lightly steamed vegetables, firmer fruits (like kiwifruit), boiled egg, pasta shapes, toast fingers.



Pasta shapes



Egg

## Progress to:

Chicken breast, small sandwiches, vegetable sticks etc.



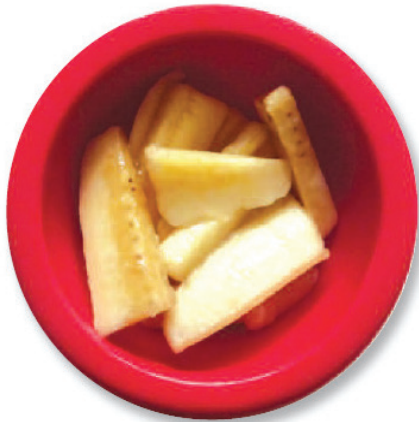
Cucumber



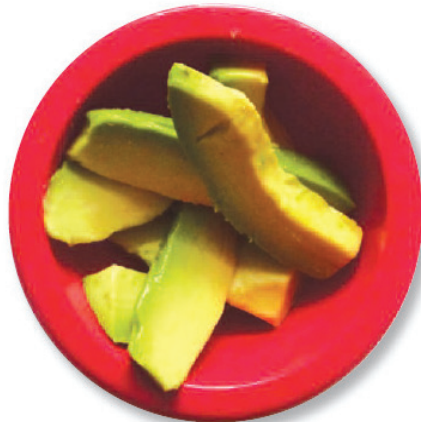
Chicken



# Baby's first finger foods (7-8 months)



Banana



Avocado



Pasta



Kiwifruit



Carrot



Pear



Egg



Chicken

# Breakfast

## Breakfast tips:

### Breakfast provides energy and nutrients to learn and grow.

- ▶ Encourage children to eat by being a good role model and eating breakfast with them.
- ▶ Breakfast improves concentration and memory. It re-fuels the body after the overnight 'fast'.
- ▶ Breakfast-eaters are less likely to snack on unhealthy foods later in the morning.
- ▶ Include fruit at breakfast. Fruit might be fresh, frozen or canned.
- ▶ Breakfast may include toast, cereal, eggs, porridge, sandwiches, smoothies, yoghurt.
- ▶ Let children choose what cereal, toast topping or fruit is for breakfast.
- ▶ If your service provides breakfast, let the older children serve their own food. This encourages physical skills of weight, coordination and balance (pouring the milk into a glass, serving the cereal into the bowl, buttering the toast).

## Sleep tips:

- ▶ Toddlers need 11 to 14 hours of sleep each day
- ▶ It is important to have quiet activities before a regular bedtime
- ▶ Explain the sleep time routine at the service and how important it is for children
- ▶ Somewhere regular to sleep with no distractions and low lighting promotes better sleep for children



## Background information



Fuelled 4 life is a website that can assist in all areas of food provision in your early learning service including menu planning, recipes, lunch boxes, celebrations, or catering advice.

[www.fuelled4life.org.nz/early-learning-services](http://www.fuelled4life.org.nz/early-learning-services)

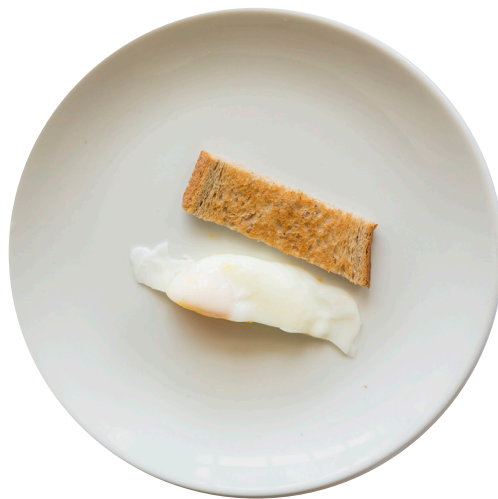


Early childhood centres can participate in the Healthy Heart Award which provides guidance and structure to create an environment promoting healthy eating and physical activity:

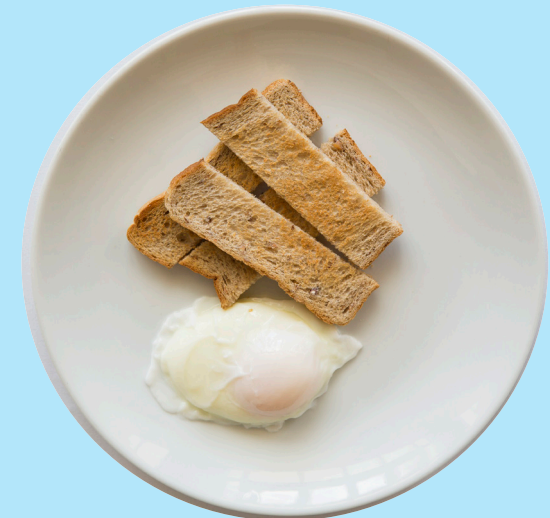
[www.learnbyheart.org.nz/index.php/ece/healthy-heart-award](http://www.learnbyheart.org.nz/index.php/ece/healthy-heart-award)

# Breakfast

## Toddler 1-2 years



## Young children 3-4 years



Portion sizes are a guide. Every child has different requirements. Allow your child to eat to their appetite.



# Lunch

As many children are at early childhood services for up to 8 -10 hours, lunch may be their main meal.

▶ Plan a menu including all four food groups to ensure nutrient needs are met.

▶ Do not insist on a clean plate.

▶ Allow enough table time for children to eat and digest food.

▶ Talk to parents about lunchboxes and share pictures/resources with them for ideas.

▶ Ensure water is available at all times.

▶ Eat at a table in a designated area – this establishes eating behaviours around meal times. It reinforces eating as a social occasion that happens at regular intervals.

▶ Minimise distractions so children can focus on food and recognise when they are full.

▶ It is normal for children to take more time to eat than an adult.

▶ It takes around 20 minutes for the stomach to feel full so encourage relaxed eating.

## Serving and portion sizes:

▶ Portion sizes have grown considerably over the last 10 years. Serve appropriate portions, and allow second helpings if necessary.

▶ Match servings to hand size. An older child has a bigger hand, so will have a bigger serving size.

▶ Offer self-service – give the children little tongs to use. This encourages children to select what they wish to eat.

▶ Encourage a variety of foods.



### Garden to plate activities — He Māra Kai

This provides opportunities to talk with children about growing and harvesting our own food. This hands-on experience may encourage them to try new fruit and vegetables.

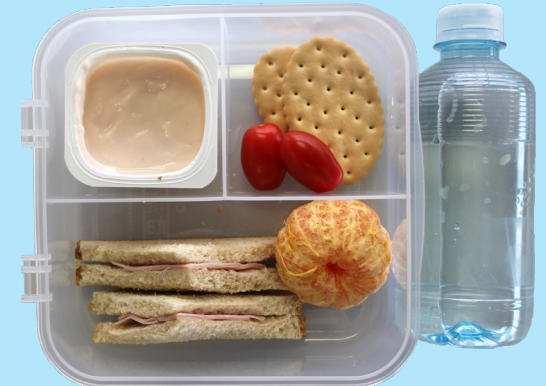
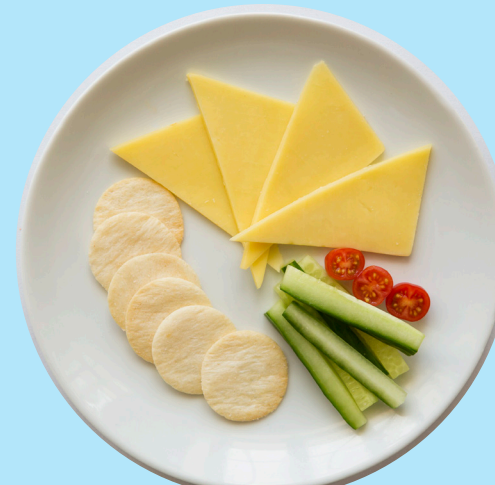
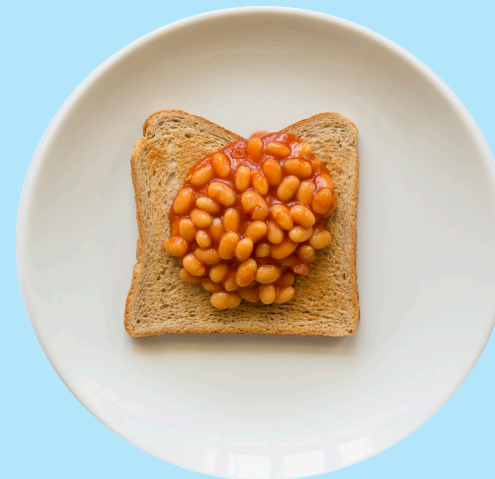


# Lunch

## Toddler 1-2 years



## Young children 3-4 years



Portion sizes are a guide. Every child has different requirements. Allow your child to eat to their appetite.

# Dinner

## Helpful hints for parents and teachers:

- ▶ Discuss issues with caregivers for a consistent approach.
- ▶ Make meals as attractive as possible with some choice for the toddler or young child.
- ▶ Children are more likely to eat food they have helped prepare.
- ▶ It can take 12 or more introductions before a new food is accepted, so persevere with variety.
- ▶ Make food fun and easy to eat – finger food is great.
- ▶ Be a role model and let children see you enjoying food.

**Tip:**  
Talking with parents about dinner times at their home helps you learn more about their routines, values and beliefs.

## Vegetarian

It's possible to have a healthy well-nourished infant or child who eats a vegetarian diet if care is taken.

- ▶ **Vegetarian children need 2 serves of protein foods each day.** Introduce good protein food sources into their diet such as tofu, beans, smooth nut and seed butters (but not whole nuts and seeds).
- ▶ **Include foods high in iron**, such as wholegrain cereal and bread, legumes (cooked lentils and cooked dried beans), dried fruits and dark green leafy vegetables. To help them absorb the iron, serve these foods with fruit and vegetables high in vitamin C, such as tomatoes and oranges.

## Fussy eaters

Most toddlers and young children go through a stage of refusing food. This is often associated with their learning to take control.

Toddlers and young children may also have a very narrow range of foods they like and may eat large amounts of a single food.

The important thing to remember is that this is a phase. Fussy eating is unlikely to lead to long term growth or nutritional problems.

## Food allergies and intolerance

Some people have allergic reactions when they eat certain foods. Their body reacts to a part of the food (an allergen) that is harmless for most people.

What happens to people when they eat something they are allergic to can be different. Some people may get a rash, some people may find it hard to breathe. It is important people do not eat food that contains things they are allergic to.

ECE services should have a policy and procedure for minimising the risk of children with allergies eating foods containing allergens. Families of children with a food allergy should work together with ECE services, their doctor and/or dietitian, to have a management plan for their child.

Reference: Australasian Society of Clinical Immunology and Allergy  
<https://www.allergy.org.au/>



# Dinner

## Toddler 1-2 years



## Young children 3-4 years



Portion sizes are a guide. Every child has different requirements. Allow your child to eat to their appetite.



# Snacks

Children need to eat regularly during the day.

## Healthy snack ideas:

**Vege sticks or leftovers** — keep these in the fridge. Serve with cottage cheese, dip or hummus.

**Left overs, served hot or cold** — cook a few extra potatoes, or pieces of kūmara and taro at mealtimes.

**Fruit** — fresh, frozen or canned in juice.

**Bread** — cereals, rēwena bread, crackers, toast or pikelets.

**Dairy** — unsweetened yoghurt, milk or slices of cheese.

## Snack tips:

Mid-morning and mid-afternoon is good time for snacks if children are at the service for a full day.

Snacks should be small. If they are too big or too filling they can stop a child eating well at family meals.

Many snacks and packaged foods are sugary and sticky, and can contribute to poor oral health and tooth decay.

Encourage reusable containers to minimise waste.

## To reduce the risk of choking:

- ✓ Always make sure young children sit down to eat and that an adult is with them.
- ✓ Offer food that matches their ability to chew and grind.
- ✓ If you need to make chewing and grinding easier, change the texture of the food – grate, cook, finely chop or mash it.
- ✓ Remove the high-risk parts of the food – peel off the skin or remove any strong fibres.
- ✓ Avoid small hard foods, such as whole nuts and large seeds, until children are at least five years old.

## Milk

Milk needs to be counted in children's servings of dairy

Most children over one year old do not need any milk overnight

If children have too much milk it reduces their appetite for other food, and they can miss out on important nutrients including vitamins, iron and fibre

If using formula make sure it is made following the instructions on the tin

Water and milk are the only drinks children need. Do not add any sugar, juices, flavourings, Milo etc to drinks, as these can damage teeth and add little to no nutrition

**From around 1 year of age children usually need a maximum of 600ml of milk or dairy products each day.**

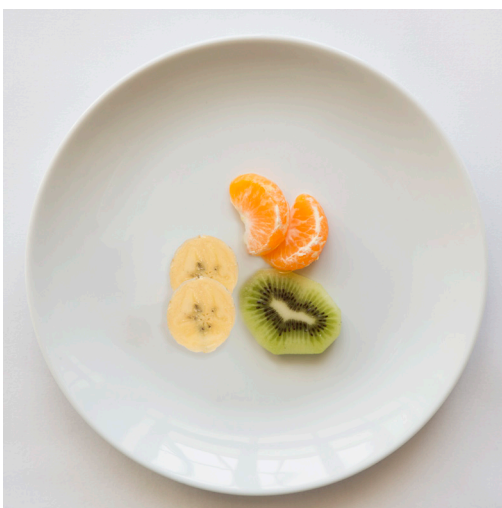
Many different milks are available for children over 1 year old. Options include breast milk, infant and toddler formulas, cow's milk and plant based alternatives. Some milk alternatives are low in energy, protein and calcium. When choosing a milk look at the nutrition label and aim for it to have around:

|         | Per 100ml  |
|---------|------------|
| Energy  | 45-65kcal* |
| Protein | 3g         |
| Calcium | 120mg      |

\*if children over 2 years old are growing well, then between the age of 2 and 5 years they can change to milks with a lower energy/fat content.

# Snacks

## Toddler 1-2 years



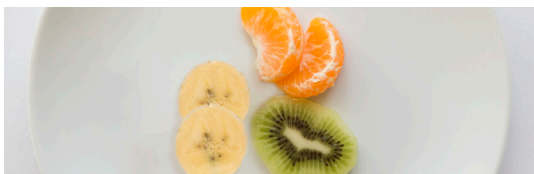
## Young children 3-4 years



Portion sizes are a guide. Every child has different requirements. Allow your child to eat to their appetite.

# The four food groups

Each of the four food groups gives our children different nutrients. Children need to have foods from all of the food groups so they get all the nutrients they need to grow and develop.

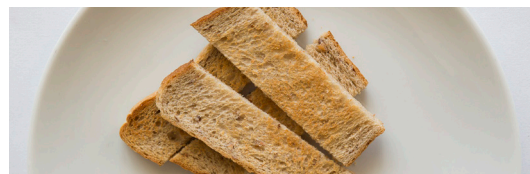


## Fruit and vegetables

**Aim for at least 3 servings of vegetables and 2 servings of fruit each day.**

### Why do we need it?

Fibre, vitamins, minerals and antioxidants. Include them in most meals and as snacks.



## Breads, cereals, potato and kūmara

**Aim for 4-5 servings each day.**

### Why do we need it?

Energy, fibre (choose wholegrain versions), B vitamins.



## Milk and milk products

**Aim for 2-3 servings each day.**

Milk products can be from animal sources (including cow and goat) or fortified plant alternatives (including soy and rice).

### Why do we need it?

Energy, protein and calcium. Some plant alternatives are low in energy, vitamins and minerals, and are not equivalent to animal milks. Use homogenised milk for under two year olds. If a child is growing well, they can be changed to lite, trim or calci-trim milk from 2 years.



## Lean meat, poultry, seafood, eggs, legumes, nuts and seeds

**Aim for 1-2 servings each day.**

### Why do we need it?

Protein, energy, iron, zinc. Choose lean versions where possible, and limit use of processed products.

## Useful websites and resources

[www.healthnavigator.org.nz/healthy-living/eating-drinking/c/childrens-lunch-boxes/](http://www.healthnavigator.org.nz/healthy-living/eating-drinking/c/childrens-lunch-boxes/)

[www.healthykids.org.nz/](http://www.healthykids.org.nz/)

[www.heartfoundation.org.nz/wellbeing/healthy-eating/kids-kitchen](http://www.heartfoundation.org.nz/wellbeing/healthy-eating/kids-kitchen)





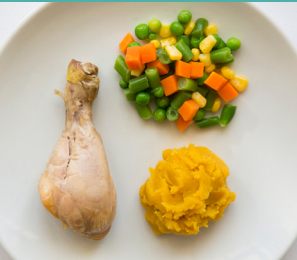

[www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/healthy-eating](http://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/healthy-eating)

[www.health.govt.nz/your-health/healthy-living/food-and-physical-activity/green-prescriptions/active-families](http://www.health.govt.nz/your-health/healthy-living/food-and-physical-activity/green-prescriptions/active-families)

# Children under five years of age

By having three meals and 2-3 snacks, a child can meet their energy and nutrient needs for growth.

Example:

|  | Breakfast<br>Weetbix with milk and peaches  | Snack<br>Fruit   | Lunch<br>Cheese and ham sandwich ¼ with sliced tomato                               | Snack<br>Plain biscuit  | Dinner<br>Chicken, kūmara and veges   | Snack<br>Milk   |
|--|---|--|---|---|---|---|
|  |  |  |  |  |  |  |
| <b>Fruits and veges</b><br>Aim for 2 servings of each* | ✓   | ✓  | ✓   |   | ✓   |   |
| <b>Breads and cereals</b><br>Aim for 4 servings        | ✓   |  | ✓   | ✓   | ✓   |   |
| <b>Dairy</b><br>Aim for 2-3 servings                   | ✓   |  | ✓   |   |   | ✓   |
| <b>Meat and alternatives</b><br>Aim for 1-2 servings   |   |  | ✓   |   | ✓   |   |

\* 2 servings of fruit + 2 servings of veges

Portion sizes are a guide. Every child has different requirements. Allow your child to eat to their appetite.



# Healthy teeth

## Brushing

Start as soon as teeth appear



Help with brushing



Inside and out



Spit, don't rinse



Lift the lip

## Early childhood tooth decay can cause:

- Extreme pain and infection
- Difficulty in eating and poor nutrition
- Speech development problems
- Poor self-esteem
- Reduced quality of life
- Difficulty in learning and lost school days
- Crooked or crowded permanent teeth
- Increased risk of decay in permanent teeth
- Hospitalisation for treatment under general anaesthesia.

## Free Community Dental clinics in Hawke's Bay

### Hastings Central School

409B Hastings St Sth  
Ph 873 4860

### Mahora School

806 Tawa Place, Hastings  
Ph 873 4861

### Flaxmere Totara Health

Cnr Chatham Rd & Caernarvon  
Drive, Flaxmere, Hastings  
Ph 833 5742

### Havelock North Intermediate

13 Nimon Street  
Havelock North  
Ph 873 4862

### Onekawa School

235 Kennedy Road, Napier  
Ph 873 4863

### Tamatea Intermediate

15 Freyberg Avenue, Tamatea  
Ph 873 4864

### Greenmeadows School

Osier Road, Greenmeadows  
Phone 844 7023

### Central Hawke's Bay

5 South Service Lane  
Waipukurau  
Ph 06 858 6725

### Wairoa College

10 Black Street, Wairoa  
Ph 06 838 9721

# Healthy teeth

Brush at least twice a day for two minutes

SPIT, DON'T RINSE

Brush the outside, inside, chewing surfaces of top and bottom teeth and tongue too.



Healthy snacking = healthy teeth



Have regular dental check

