

Nurturing healthy eating at school

What are healthy eating behaviours?

Healthy eating behaviours include both the food we eat **and** how we eat it.

A healthy eater enjoys a variety of foods and:

- is comfortable with food and flexible with their eating
- can learn to like new foods
- listens to their body to know how much to eat
- enjoys mealtimes and engages with others.

Learning to enjoy a variety of food and become a healthy eater takes time and practice. Some people take longer than others. To become a healthy eater, children need lots of positive experiences to help build their comfort and skills with food.

What am I responsible for?

Feeding children and nurturing healthy eating is a shared job. Parents, schools and students each have a defined role in eating:

Parents decide what food is provided from home. If food is provided by the school, such as in the canteen, they choose what is offered on these occasions.

Schools decide when and where students eat.

Students decide how much, in what order and whether they eat.

Read more about roles and responsibilities at mealtimes at:

www.movewelleatwell.tas.gov.au/primary_schools/plant_fruit_and_veg_in_your_lunchbox/nurturing_healthy_mealtimes_in_primary_schools

Move Well Eat Well

How can schools encourage healthy eating behaviours?

Remember that the role of 'what' sits with parents (or the school meal service) and the 'how much' sits with students. Schools can focus on making eating enjoyable. Try to make mealtimes:

Positive by:

- respecting the food sent from home
- trusting children know how much they need to eat and in which order
- removing any pressure around eating and drinking.

Relaxed by:

- developing a mealtime routine
- allowing enough time to eat
- having a comfortable place to eat.

Social by:

- encouraging positive conversations
- role modelling your enjoyment of food and eating
- teaching mealtime manners and skills.

