



# **ENCOURAGING HEALTHY EATING HABITS IN PRESCHOOL CHILDREN**

*Condensed Toolkit*



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# ***ENCOURAGING HEALTHY EATING HABITS IN PRESCHOOL CHILDREN***

*Condensed Toolkit*



**Save the Children**  
Fiji

# Our Preschooler's Growth

## Introduction

We all want the best for our children. We want them to grow up healthy and energised, feel great and have a keen intellect. Every child is an individual and develops at their own pace, each experiencing important stages and milestones like first step, first tooth, and first word.

This growth and development happens continually throughout a child's early years, but is not always experienced in a smooth, flowing pattern. Sometimes new skills are picked up quickly, resulting in much joy. Other times, practice and patience are needed, along with parental support and encouragement.

This guide provides some tools, ideas and tips for your child's healthy development. It has been designed to help parents, caregivers, teachers, community workers and anyone responsible for the care of a child — to share and talanoa its contents to ensure healthy living, and nutritious, balanced meals. It offers some alternatives to problems we all face, as we raise our children to grow into healthy, strong, smart and talented young adults.

This guide, while written for general use, has been specifically targeted for families and children attending Save the Children supported kindergartens throughout Fiji. It is the result of a baseline survey undertaken on nutritional needs of children from these communities, and the problems families face in feeding their children healthy and well-balanced meals.

It is a guide that can be read and facilitated by any kindergarten teacher or a mother's group leader, to go through with mums and dads and other community members. It is envisioned anyone can talk through the information on nutrition and healthy eating, or learn through a visual examination of the various annexes. We hope it proves useful in finding alternative practices to growing our children healthy, energetic and smart.

This toolkit has been designed as a training tool to encourage behavior change towards promoting healthy eating habits in preschool children aged 3-6. Its objective is to have parents, guardians, caregivers and other community members:

- Recognize eating behavior patterns.
- Recognize that behavior change is needed.
- Educate them on behavior patterns.
- Address changes required in order to maintain behavior change in the long run.
- Utilize tools and resources that suggest alternatives and contact details of where you could seek help.

Recognize that this is just a guide for learning, that most knowledge and information on barriers and solutions are already within the community and awaiting sharing, learning and helping from each other.

**NOTE:** *This toolkit is a condensed, shorter version of a 10-module toolkit. It is aimed at people who do not have the time to work through 10 modules. For a copy of the extended toolkit, please contact Save the Children Fiji at (679) 331 3178 or [info@savethechildren.org.fj](mailto:info@savethechildren.org.fj).*

# Eating Habits of Children in Our Communities

It is not always easy to prepare the perfect meal – one that meets your child’s nutrition needs, but also one that your child finds yummy. At times, time and financial constraints mean we take short cuts or just have to make do.

At this time, children do not need special foods, but it is important that you are now laying the foundations of healthy eating. This is also a time when children begin to eat outside of home – at kindergarten, at other people’s houses and at restaurants. This is why it is so important for parents, teachers and caregivers to encourage, support and influence healthy eating habits.

Many parents report that they are not always able to feed their children a balanced meal at every meal and snack time.

*The reasons why include:*

- Affordability – cheaper to buy processed, packaged and tinned foods.
- Easier to prepare processed, packaged and tinned foods.
- Processed foods went further.
- Fresh fruits and vegetables were not always available.
- Not having enough preparation time.
- Lack of awareness on what constitutes a balanced meal.
- Children do not like vegetables.
- Lack of awareness on quantity and quality of food.
- No land for planting.
- Children have a preference for cakes, bingos, soft drinks, sweet tea.

## **Eat Right, Be Active and Smart**

### **GROUP ACTIVITY 1:**

In this group activity, initiate discussion by asking participants the following questions.

- *Why should we worry about what our children eat?*
- *Why should we consider changing our eating habits?*

Ask them to record their answers on a sheet of butcher’s paper/newsprint.

### **GROUP ACTIVITY 2:**

Divide the participants into two groups and ask each group to give an overview of their own and their children’s eating habits, and have them record these observations on butcher’s paper. Ask each group to present their findings, and discuss any questions that arise.

After Group Activity 1 and 2, discuss with the group, exploring the reasoning for their answers.

# Healthy Eating, Growth and Development

## Recall the 3 Major Food Groups (Annex 1, 2, 3, 4, 5, 6)

Children grow and develop at different rates. Nutritional needs of children differ at different stages and ages of their development. Your child may be taller or shorter, lighter or heavier than other children. For your preschoolers, those between 3-6 years of age, this is the time for growth and development. Good growth is dependent on a number of factors.

These include:

- Family – parents size and shape.
- Age – children grow fastest as babies and teenagers.
- General health – medical conditions, illness.
- Gender – boys and girls have different growth patterns.
- Activity levels – how active your child is and for how long.

But most importantly:

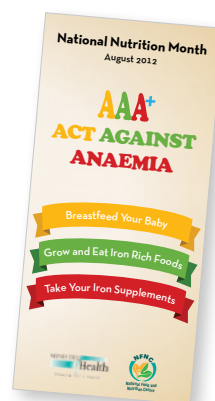
- The eating habits of the child – **WHAT** and **HOW** much your child eats.

There's a need for healthy meals and snacks with the right balance or amount from each of the 3 food groups. Annexes 1, 2, and 3 provide a good guideline on each food group and appropriate amounts to eat from each group and what to drink. Your meal choices affect your child's health, including their physical and mental growth. As the saying goes, you are what you eat.



According to the National Food and Nutrition Centre (NFNC), Fiji's population has continued to increase in height and weight. This is due to an increased intake of foods containing protein and energy. Additionally, healthy eating has also resulted in less people becoming ill with infectious diseases.

According to the Ministry of Health (Annex 4) almost half the children between 6 months – 5 years were anaemic (lack of iron in the body). Anaemia has multiple contributing factors. This includes infections and hookworms which use up iron from bodies, as well as low iron intake in the diet and poor source of iron in the diet. Being underweight and anaemic contributes to poor development and growth of the brain. This will affect the child's learning ability and will lead to poor performance in school. Poor development can also lead to problems later in life, such as non-communicable diseases like diabetes and high blood pressure.





### GROUP ACTIVITY 3

Quiz the participants on the following yes/no questions. Ask the participants to raise their hands if they agree with the statements. What your participants think to be “normal” eating and activity for a preschooler 3-6 years old may surprise you. Use the notes below to discuss their answers.

#### ***Should preschoolers be active every day? Yes/No***

Preschool-aged children love to move and be active. Daily physical activity helps strengthen their heart, lungs, bones and muscles. It also gives them confidence and helps them learn social skills, as well as teaching them movement skills they will need for lifelong physical activity. That is why it is important for preschoolers to be active every day. It's also a sure way to build their appetites.

#### ***Is it up to my child to decide whether to eat and how much to eat? Yes/No***

Parents and preschoolers have different jobs when it comes to eating. Your job is to decide what, when and where to offer food. Your child's job is to decide if and how much to eat from the healthy choices you offer.

#### ***Is it normal for preschoolers to eat a lot one day and eat very little the next day? Yes/No***

It is normal for your preschooler's appetite to vary. Keep serving a variety of healthy foods without pressuring them to eat. Make one family meal, not separate meals, with at least one food they like even if it is just bread.

#### ***Is it true that it may take a preschooler 10 or more tries before accepting a new food? Yes/No***

It is easy to feel discouraged after your child has rejected a food for the third or even the thirteenth time. Keep offering it in small amounts with familiar foods when you know they are hungry. They may need 10 tries before liking it. It helps if your child cooks with you and watches you trying new foods.

#### ***Your preschooler eats best when you eat with them and allow them to eat slowly at their own pace. Yes/No***

Serve food in child-sized plates, bowls, cups and utensils in the beginning. Turn off the TV and put away toys at meal times. Ask your child to sit down so the focus is on eating alone. Serve food that can be eaten using fingers and cutlery as well. Serve food separately rather than mixed. Let the child serve their own food from the healthy food you place on the table.

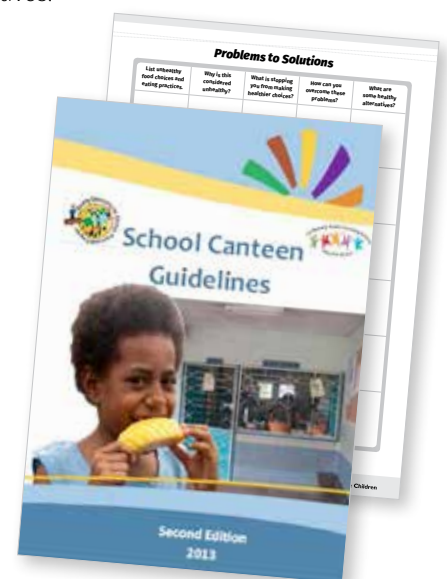
Ask participants to fill in the Food Journal Template Form (Annex 5). Ask them to write down what their child eats for breakfast, takes to school in their lunch box, what they eat for dinner and what snacks they have in-between meals. Discuss the results with the group and discuss healthy alternatives.

### GROUP ACTIVITY 4

An excellent guide on unhealthy eating practices and healthier alternatives is available through the Ministry of Health. The NFNC School Canteen Guide (Annex 6) provides information on food categories that should be and should not be sold in school canteens. It also offers a useful checklist on restricted foods and 'can have' foods, as well as daily menu options, which parents of preschoolers and kindergarten children can easily adapt for their 3-6 year olds.

**NOTE:** Only the cover of the Guidelines is provided. The full Guidelines can be found at [http://www.health.gov.fj/wp-content/uploads/2014/09/3\\_School-Canteen-Guidelines\\_2nd-Edition-2013.pdf](http://www.health.gov.fj/wp-content/uploads/2014/09/3_School-Canteen-Guidelines_2nd-Edition-2013.pdf).

In this activity, explore practices and alternatives for positive eating choices. In small groups ask participants to use their knowledge and annexes from the previous activity to complete Problems to Solutions (Annex 7). Ask the wider group for additional answers – the idea is to draw out some problem solving ideas and the steps towards change.



# How To Help Your Child Eat A Nutritious, Healthy Diet

It is vital that your child gets all the nutrients they need and you can ensure this by providing a variety of food from all 3 main food groups. These include the rice, dalo and alternatives from the energy group, fruit and vegetables from the health group, meat, seafood and alternatives from the body-building group.

The 3 Food Groups: Fiji's Guide to Healthy Eating Poster (Annex 1) will help you plan what your child needs every day and will ensure that your child's meals have all the nutrients from each food group to help them grow well and stay healthy.

- Plan regular meal and snack times - children need structure, routine and limits.
- Make meals and snacks look appealing - use a range of colours and shapes. Food should also be easy to chew and handle. Involve your child in choosing and preparing food.
- Encourage your child to eat with you and your family. Children learn by imitating those around them.
- Do not force your child to eat. Respect that the child may have certain likes and dislikes and give them some choices in selecting healthy foods. This is particularly true for their school lunches, assuming that your child and you are able to identify the difference between healthy and unhealthy foods. For instance let your child pick between two types of fruit for their school lunch; guava or starfruit; sandwich filling - egg or cheese and carrot; roti filling - bindi or bhaji and tuna.
- Be consistent with how you handle food refusal. Avoid substituting uneaten meals for other foods. "Treating" children with unhealthy food because you are worried they are not eating only makes them less likely to eat healthier foods. Only buy and offer healthy foods.
- Do not use food as a bribe for behaviour.
- Set aside 20-30 minutes for meal times and 10-12 minutes for snacking at home.
- Set aside gardening and play time. Helping grow and harvesting fresh foods from home gardens will encourage an interest in fresh foods but also help with keeping your child physically active.
- Your child's height and weight should be a guide to their diet. If you are unsure or concerned about their growth always see a community health nurse/worker or a doctor.

## GROUP ACTIVITY 5:

Divide your group in three and ask each group to draw up or write names of a variety of foods from each food group on post it pads or pieces of paper – one group for each food group. Get groups to post these on butchers's paper. Get the groups to take a walk through each group and see if foods have been placed correctly. If incorrect, correct postings with help from the group.

Ask the participants to create a food journal of a week's meals. They could either write them down, or draw the meals on plates on some paper. Ask them to consider how balanced their meal preparations are. What could they take away or add to the meals to make them healthier?



## GROUP ACTIVITY: 6

Many parents wonder what a sample one-day meal plan for their pre-schooling child might look like. Remember, the amount your child eats will vary from meal to meal, day to day and week to week. My Meal Planner (Annex 8) shows a sample day-long plan that you can vary day-by-day. Share Annex 8 and Working It Out By Hand (Annex 9) with participants and ask them to alter the plan to each make their own, keeping in mind a balanced, nutritious meal is the aim.

**My Meal Planner**

Sample Meal Plan For a 3-Year-Old

	Sample Meal Plan For a 3-Year-Old	Your Meal Plan
BREAKFAST	<ul style="list-style-type: none"> <li>1 Egg</li> <li>1 or 2 slices of whole meal bread</li> <li>1/2 cup of milk</li> </ul>	
MORNING SNACK	<ul style="list-style-type: none"> <li>1/2 cup chopped up bananas or mangoes</li> <li>1/2 cup natural plain yogurt/dahi</li> <li>Water</li> </ul>	
LUNCH	<ul style="list-style-type: none"> <li>1/2 cup rice with pieces of fish cooked with tomatoes</li> <li>1/2 cup carrot sticks or cucumber sticks</li> <li>1/2 cup milk</li> </ul>	
AFTERNOON SNACK	<ul style="list-style-type: none"> <li>1/2 small banana or other score</li> <li>1/2 cup unsweetened home made fruit juice (seasonal fruits)</li> </ul>	
DINNER	<ul style="list-style-type: none"> <li>1/2 cup chicken stir fry or chicken curry made with vegetables</li> <li>1/2 cup milk</li> <li>1 milk arrowroot or oatmeal biscuit</li> </ul>	
AFTER DINNER SNACK	<ul style="list-style-type: none"> <li>1/2 cup home-made custard</li> <li>1/2 sliced banana</li> </ul>	

\* For ages 4-6 add additional fruit at lunch, an extra tsp with curry or a larger serving of rice and fish.

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Save the Children Fiji

## GROUP ACTIVITY 7:

Your participants will work hard to bring about some positive changes in their food buying and growing practices and in their child's eating habits. Please hand out a blank copy of the Training Questionnaire (Annex 10) to participants, and ask them to complete it. How did they score? What things could they improve upon to gain a better score?

**Training Questionnaire**

BEST PRACTICES FOR GOOD HEALTH	HOW OFTEN DO I DO THIS? (DAYS IN A WEEK)
Eat large amounts of vegetables in every daily meal	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Include some fruit in school lunch box, and for all other meals	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Avoid sugar filled drinks like cordial and fizzy drinks	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Avoid excess butter, fats and oils	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Eat steamed, baked, pan grilled instead of deep fried foods	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Eat wholemeal or wholegrain instead of white bread or rice	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Avoid noodles unless eaten with vegetables	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Drink clean and safe water as the main drink of choice	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Eat a healthy balanced breakfast	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Eat less salt, and flavour with herbs and spices instead	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Avoid eating sausages	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Avoid eating canned meat	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Adults don't smoke, especially around children	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Grow some of my fruit and vegetables at home	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Rear my own chickens for eggs and meat	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Eat a variety of food from each food group	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Eat healthy home-made snacks	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Avoid processed snacks	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Buy fresh and less processed foods	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Pack school lunches with less salt, sugar, fat and oil	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Drink fresh coconut juice, unsweetened fruit juice, milk	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Read food labels when buying food to check on nutrient content	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Physical activity is a family must	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Avoid salts and artificial flavouring in meals	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Reserve tea as a drink for 3-6 year olds	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Wash hands before eating or preparing food	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Brush teeth after meals	<input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
To work out a score from your answers, assign the following points to each answer: Never = 0 points, Sometimes = 1 point, Often = 2 points, Always = 3 points. Record your total.	<b>TOTAL:</b>

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Save the Children Fiji

# 3 Food Groups

Fiji's Guide to Healthy Eating

Health

Energy

Body Building

Eat a variety  
of foods  
from each  
group  
every day

Protects the body  
from diseases

Provides energy  
to the body

Helps build and  
repair the body

MINISTRY of HEALTH & MEDICAL SERVICES  
Shaping Fiji's Health

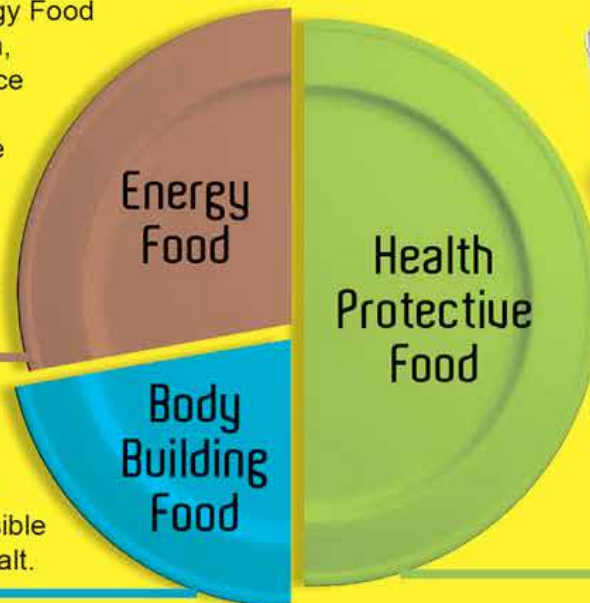




# MY HEALTHY PLATE OF FOOD

Include Food from Energy Food group e.g. dalo, cassava, wholemeal roti, brown rice and wholemeal bread. Reduce eating white rice and white bread. Use healthy oils such as canola oil, soya bean oil and olive oil. Reduce butter and margarine.

Choose from Body Building Food such as fish, poultry, dhal, dried beans and nuts. Trim visible fat from meat. Reduce salt.



Drink clean and safe water (6-8 glasses per day)

Go Local! Choose fresh local fruits and vegetables. Cook leafy vegetables for a short time. Half of what you eat should be vegetables and fruits.

## SUGGESTIONS OF HEALTHY PLATE





# Food and Health Guidelines for Fiji

**Include a variety of foods from the 3 Food Groups in each meal. Go Local!**

**Choose and prepare food and drinks with less salt, sugar, fat and oil.**

**Be physically active to maintain a healthy weight.**

**Eat more local fruits and vegetables.**

**Eat healthy snacks.**

**MINISTRY of Health**  
Shaping Fiji's Health

**Breastfeed your baby exclusively for the first 6 months**

**Give children healthy meals and snacks**

**Stop smoking. Drink kava and alcohol responsibly.**

**Drink clean and safe water.**

**Grow your own food.**

**NFNC National Food and Nutrition Centre**



### Fiji must Act Against Anaemia NOW!

- Iron deficiency anaemia is when you have a lack of iron in the blood.
- This is caused by not eating enough iron rich foods.
- Anaemia is a **major** problem in Fiji.
- 400,000 children, women and men suffer from anaemia in this country.
- This results in poor health, low work performance, and productivity.

### You can prevent anaemia:

- 1** Breastfeed Your Baby
- 2** Grow and Eat Iron Rich Foods
- 3** Take Your Iron Supplements

**ACT AGAINST  
ANAEMIA NOW!**

### Is your child fully immunized?

- Colostrum in breast milk is the first gift from mothers to boost a baby's immune system.
- Babies should complete the required immunization while still being breastfed to get maximum health benefits.

### Be responsible parents

- Breastfeed the baby exclusively for the first 6 months of life.
- Continue breastfeeding from 6 months to 2 years and beyond with healthy family foods and include healthy family foods in their diets starting at age 6 months.

### For more information

Contact or visit your nearest health facility

OR

Northern Health Services  
(679) 8812 522

Western Health Services  
(679) 6660 411

Central & Eastern Health Services  
(679) 3315 331/3314 988

OR

National Food and Nutrition Centre  
1 Clarke Street, Suva, Fiji Islands

Phone: (679) 3313 055

Email: [nfnc@connect.com.fj](mailto:nfnc@connect.com.fj)

Web: [www.nutrition.gov.fj](http://www.nutrition.gov.fj)

Facebook: [www.facebook.com/NFNCFJ](https://www.facebook.com/NFNCFJ)

## National Nutrition Month

August 2012

**AAA<sup>+</sup>**  
**ACT AGAINST  
ANAEMIA**

Breastfeed Your Baby

Grow and Eat Iron Rich Foods

Take Your Iron Supplements

MINISTRY of Health  
*Shaping Fiji's Health*

NFNC  
National Food and  
Nutrition Centre

### Breastfeed Your Baby



1 in every 2 children less than 2 years old in Fiji suffers from anaemia.

Breastfeeding helps with the health and development of your child and prevents anaemia.

Breast milk is the only food that your baby needs from birth to 6 months. No other foods or drinks, including water, are needed.

Starting other foods in addition to breast milk at six months helps the child to grow well.

Breastfeeding for 2 years or longer helps the child to develop and grow strong and healthy.

You can save a lot of money simply by breastfeeding!

**'ACT AGAINST ANAEMIA':**  
Breastfeed Your Baby

### Grow and Eat Iron Rich Foods



Grow your own iron rich vegetables and include them in your family meals.

Eating iron rich foods will make your blood strong and healthy.

Examples of iron rich vegetables are:  
Bele, Saijan, Tubua, Rourou, Watercress, Kumala Leaves, Chinese Cabbage, Mustard Cabbage, Pumpkin and Pumpkin Leaves.

Fruits rich in Vitamin C help the body to make good use of iron rich vegetables.

Examples of these fruits are:  
Guava, Pawpaw, Oranges, Bananas, and Pineapple.

Grow iron rich vegetables for your family today.

**'ACT AGAINST ANAEMIA':**  
Grow and Eat Iron Rich Foods

### Take Your Iron Supplements



Almost 60,000 women in Fiji aged between 15 - 49 years suffer from Anaemia.

You can prevent anaemia by taking your iron supplements.

If you are a woman between 15 - 49 years old, collect your iron supplements from the nearest health facility.

Dosage for women of child bearing age:  
Ferrous Sulphate: 1x200 mg tablet/week for 3 months  
Folic Acid: 1x400 mcg tablet/week for 3 months

Additional dosage for lactating women (mothers of under 1 year olds):  
Vitamin A: 1 x 200,000 IU capsule

Have you taken your iron supplements today?

**'ACT AGAINST ANAEMIA':**  
Take Your Iron Supplements

# My Food Journal

**MONDAY**

Breakfast (Time of day: )  
Lunch (Time of day: )  
Dinner (Time of day: )  
Snacks

**TUESDAY**

Breakfast (Time of day: )  
Lunch (Time of day: )  
Dinner (Time of day: )  
Snacks

**WEDNESDAY**

Breakfast (Time of day: )  
Lunch (Time of day: )  
Dinner (Time of day: )  
Snacks

**THURSDAY**

Breakfast (Time of day: )  
Lunch (Time of day: )  
Dinner (Time of day: )  
Snacks

**FRIDAY**

Breakfast (Time of day: )  
Lunch (Time of day: )  
Dinner (Time of day: )  
Snacks

**SATURDAY**

Breakfast (Time of day: )  
Lunch (Time of day: )  
Dinner (Time of day: )  
Snacks

**SUNDAY**

Breakfast (Time of day: )  
Lunch (Time of day: )  
Dinner (Time of day: )  
Snacks



# School Canteen Guidelines



**Second Edition  
2013**



# Problems to Solutions

List unhealthy food choices and eating practices.	Why is this considered unhealthy?	What is stopping you from making healthier choices?	How can you overcome these problems?	What are some healthy alternatives?

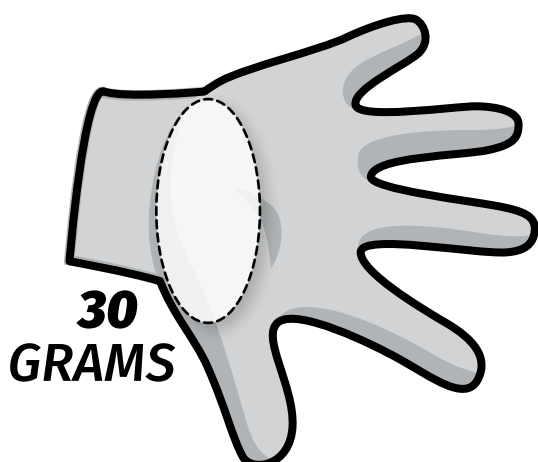
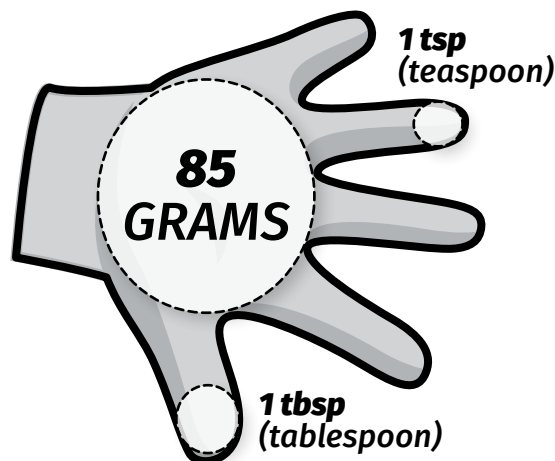
# My Meal Planner

	Sample Meal Plan For a 3-Year-Old	Your Meal Plan
BREAKFAST	<ul style="list-style-type: none"> <li>• 1 Egg</li> <li>• 1 or 2 slices of whole meal bread</li> <li>• ½ cup of milk</li> </ul>	
MORNING SNACK	<ul style="list-style-type: none"> <li>• ½ cup chopped up banana or mangoes</li> <li>• ½ cup natural, plain yogurt/dahl</li> <li>• Water</li> </ul>	
LUNCH	<ul style="list-style-type: none"> <li>• ½ cup rice with pieces of fish cooked with tomatoes</li> <li>• ¼ cup carrot sticks or cucumber sticks</li> <li>• ½ cup milk</li> </ul>	
AFTERNOON SNACK	<ul style="list-style-type: none"> <li>• ½ small banana or other scone</li> <li>• ½ cup unsweetened home made fruit juice (seasonal fruits)</li> </ul>	
DINNER	<ul style="list-style-type: none"> <li>• ¾ cup chicken stir fry or chicken curry made with vegetables</li> <li>• ½ cup milk</li> <li>• 1 milk arrowroot or oatmeal biscuit</li> </ul>	
AFTER DINNER SNACK	<ul style="list-style-type: none"> <li>• ½ cup home-made custard</li> <li>• ½ sliced banana</li> </ul>	

\* For ages 4-6 add additional fruit at lunch, an extra roti with curry or a larger serving of rice and fish.

## Working it Out by Hand

Thanks to the hard-working team behind **Khana Kakana: A Taste of Fiji**, Fijians now have an easy and accessible guide to help them measure out portions of food. As the book states, “Don’t have measuring cups or spoons at home? No problem! All you need is your hand!”



Here’s a guide of how to estimate portions/measures using your hand. We all have different hand sizes but the good news is, the bigger your hand, the bigger your calorie allowance so you can get away with slightly larger portions.

\* This annex is an adaptation of the guide featured in *Khana Kakana: A Taste of Fiji*, developed by the Fiji Ministry of Health’s Wellness Unit.

# Training Questionnaire

BEST PRACTICES FOR GOOD HEALTH	HOW OFTEN DO I DO THIS? (DAYS IN A WEEK)
Eat large amounts of vegetables in every daily meal	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Include some fruit in school lunch box, and for all other meals	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Avoid sugar filled drinks like cordial and fizzy drinks	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Avoid excess butter, fats and oils	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Eat steamed, baked, pan grilled instead of deep fried foods	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Eat wholemeal or wholegrain instead of white bread or roti	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Avoid noodles unless eaten with vegetables	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Drink clean and safe water as the main drink of choice	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Eat a healthy balanced breakfast	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Eat less salt, and flavour with herbs and spices instead	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Avoid eating sausages	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Avoid eating canned meat	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Adults don't smoke, especially around children	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Grow some of my fruit and vegetables at home	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Rear my own chickens for eggs and meat	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Eat a variety of food from each food group	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Eat healthy home-made snacks	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Avoid processed snacks	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Buy fresh and less processed foods	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Pack school lunches with less salt, sugar, fat and oil	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Drink fresh coconut juice, unsweetened fruit juice, milk	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Read food labels when buying food to check on nutrition content	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Physical activity is a family must	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Avoid salts and artificial flavouring in meals	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Remove tea as a drink for 3-6 year olds	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Wash hands before eating or preparing food	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
Brush teeth after meals	<input type="radio"/> Unsure <input type="radio"/> Never <input type="radio"/> Sometimes (1-2) <input type="radio"/> Often (3-5) <input type="radio"/> Always (6-7)
<p>To work out a score from your answers, assign the following points to each answer: Unsure = 0 points, Never = 0 points, Sometimes = 1 point, Often = 2 points, Always = 3 points. Record your total.</p> <p><b>TOTAL:</b> .....</p>	

