



GROWING UP HEALTHY & DEADLY



**ADVICE TO HELP CHILDREN GROW
AND THRIVE AS FUTURE ELDERS.**



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Authors: VACCHO Nutrition and Ear Health programs; Dental Health Services Victoria - Health promotion team, *Growing up Healthy and Deadly's* Advisory Group



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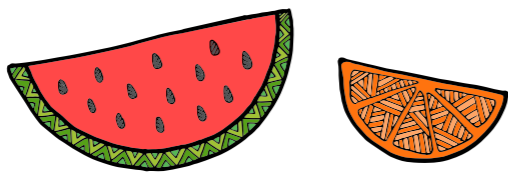
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HOW TO USE THIS RESOURCE

Growing Up Healthy and Deadly aims to provide information for parents, carers and workers, to support Aboriginal children aged 2 - 11 years to grow up healthy and deadly. *Growing Up Healthy and Deadly* contains information and activities on the following topics:

- healthy deadly tucker
- physical activity
- oral health
- sleep
- ear health

Growing up healthy and deadly has been co-designed with the Victorian Aboriginal and Torres Strait Islander Community, through the guidance of an Advisory Group and by connecting with several of VACCHO's Member ACCOs who provided traditional knowledge, photos and activities.



ACKNOWLEDGEMENT & THANKS

The Victorian Aboriginal Community Controlled Health Organisation (VACCHO) acknowledges the strength of Aboriginal and Torres Strait Islander people across the country and their shared power and resilience as members of the world's oldest living culture.

We acknowledge Aboriginal and/or Torres Strait Islander people as Australia's First Peoples' who have never ceded their sovereignty. We acknowledge this resource was developed on the Traditional Lands of the Wurundjeri/Woiwurrung peoples and acknowledge the richness and diversity of all Traditional Owners across Victoria.

We pay our deepest respect and gratitude to Ancestors, Elders, and leaders – past, present and emerging.

Advisory Group

We'd like to thank the following Advisory Group members for their commitment and contribution to the development of this resource:

- Ian Peters - Dhauwurd Wurring Elderly & Community Health Service
- Monica Doherty - Mallee District Aboriginal Services
- Renee Walsh - Njernda Aboriginal Corporation
- Stephanie Thow-Tapp - Dental Health Services Victoria
- Tanisha Lovett - Goolum Goolum Aboriginal Cooperative
- Toni Martin - Goolum Goolum Aboriginal Cooperative

Dental Health Services Victoria

VACCHO would like to thank DHSV's Health Promotion teams for their commitment and contribution to the 'Healthy little smiles' section.

Review and contribution

We'd like to thank the following Aboriginal Community Controlled Health Organisation (ACCO) staff for their review and contributions to this resource:

- Suzanna Aertssen - Mallee District Aboriginal Services
- Toni Webster - Mallee District Aboriginal Services

ABOUT THE ARTISTS

TAMARA MURRAY, BARKINDTJI

Tamara May Murray is a proud member of the Barkindtji and Muraroah tribe on her mother's side, the Yorta Yorta and Dhudaroah tribes on her father's side. She grew up on the Namatjira Mission in the small country town of Coomealla.

"My Dad and Pop built our home out of old tin and wood they collected from the local tip. We didn't have running water, or flushing toilets and we used an open fire place for a kitchen. We didn't have much and life was simple. I often think back to those days with a sense of pride and happiness."



"Culture is everything to me, it's a way of life, it's my identity, it's who I represent – my people, my family. Culture is our way of healing, telling stories, keeping spirits and traditions alive. It's our connection to the land."

Tamara first started painting when she was three years old and it was evident that she had a natural gift. However, it was not until after the birth of her second daughter in 2008 that the gift of art came to Tamara in the form of healing, giving her a voice, a way of expression and a connection to the land, her culture and her ancestors. Tamara was diagnosed with post-natal depression and later bipolar disorder. In her darkest hours, art came to her.

For Tamara, family is what inspires her to continue to grow and to keep fighting. Her two daughters are her daily motivation – to provide for them and to be a strong, powerful role model of what is possible. Her art is not simply paint on a canvas. It's a story; it's a place; it's someone she has met along the way that has inspired her. It's a deep connection to the land and her culture. It is a story that has been passed down.

"I want my art to help break down barriers between Indigenous and non-Indigenous Australians. I hope I can help educate and contribute to a more peaceful world where our children can all walk as one, hand in hand, no matter their skin colour or cultural identity."

Tamara's artwork in *Growing up healthy and deadly* is called "Eat Well Live Longer - Greatest wealth is health"

SHAKARA MONTALTO, GUNDITJMARA

Shakara Montalto is a proud Gunditjmara mother of two beautiful boys, who was born and raised in Melbourne on Wurundjeri Country.

Shakara is passionate about continuing her mobs traditional linework which is unique and detailed. She uses her art as a platform to spread positive community messages that she is passionate about, in her modernised interpretation of Aboriginal art.

About Shakara's artwork for *Growing up healthy and deadly*:

I have incorporated illustrations from the five food groups with Koori designs and vibrant colours, encouraging kids to recognise and identify healthy food choices.



HEALTHY, DEADLY TUCKER

Aboriginal peoples are knowledge holders of the land. Prior to Colonisation, caring for Country was part of everyday life and living from the land kept Community strong and resilient for thousands of years.

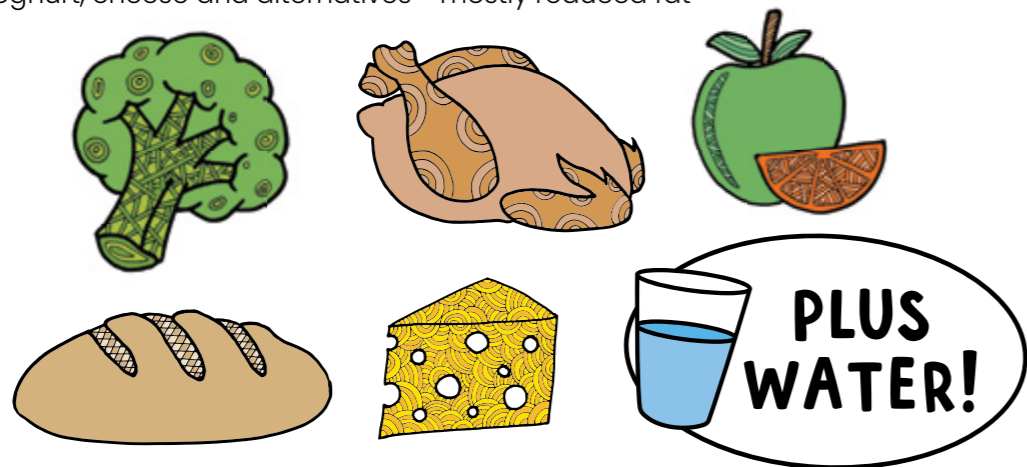
Everyone had special roles and responsibilities to maintain a constant food supply all year round. From planting, growing, harvesting and storing fruits, vegetables, seeds and grains, to hunting, spearing and catching animals. Cooking and eating together was sacred, as it brought Community together.

Though times have changed we can keep Community strong by eating healthy, deadly tucker – especially the young ones, so that they can grow and thrive to one day be future Elders.

THE FIVE FOOD GROUPS

To give Aboriginal children the best start to life, it's important to know the types of food and the amount needed each day. The foods children need are divided into five groups – plus water!

1. Vegetables, legumes and beans
2. Fruit
3. Grain (cereal) foods, mostly wholegrain
4. Lean meats, poultry, fish, eggs, tofu, nuts, seeds, legumes and beans
5. Milk, yoghurt, cheese and alternatives – mostly reduced fat



Tucker from these five food groups supports children's health and wellbeing, including physical health, mental health and social and emotional wellbeing.

By planning meals based on these five food groups, we can help children to:

- Develop a positive relationship with food
- Be energised to play and have fun being active
- Have a happy, healthy mind
- Feed their brain power for learning, thinking and concentrating
- Have strong teeth and healthy gums
- Sleep deeply and wake up feeling well rested
- Be free from illness and disease
- Care for the environment, learn where food comes from, how it grows
- Strengthen connection to Culture and Country

ABORIGINAL AND TORRES STRAIT ISLANDER GUIDE TO HEALTHY EATING

The Aboriginal and Torres Strait Islander Guide to Healthy Eating shows how much food across the day we need from each of the five food groups, plus a few more healthy, deadly, tips.

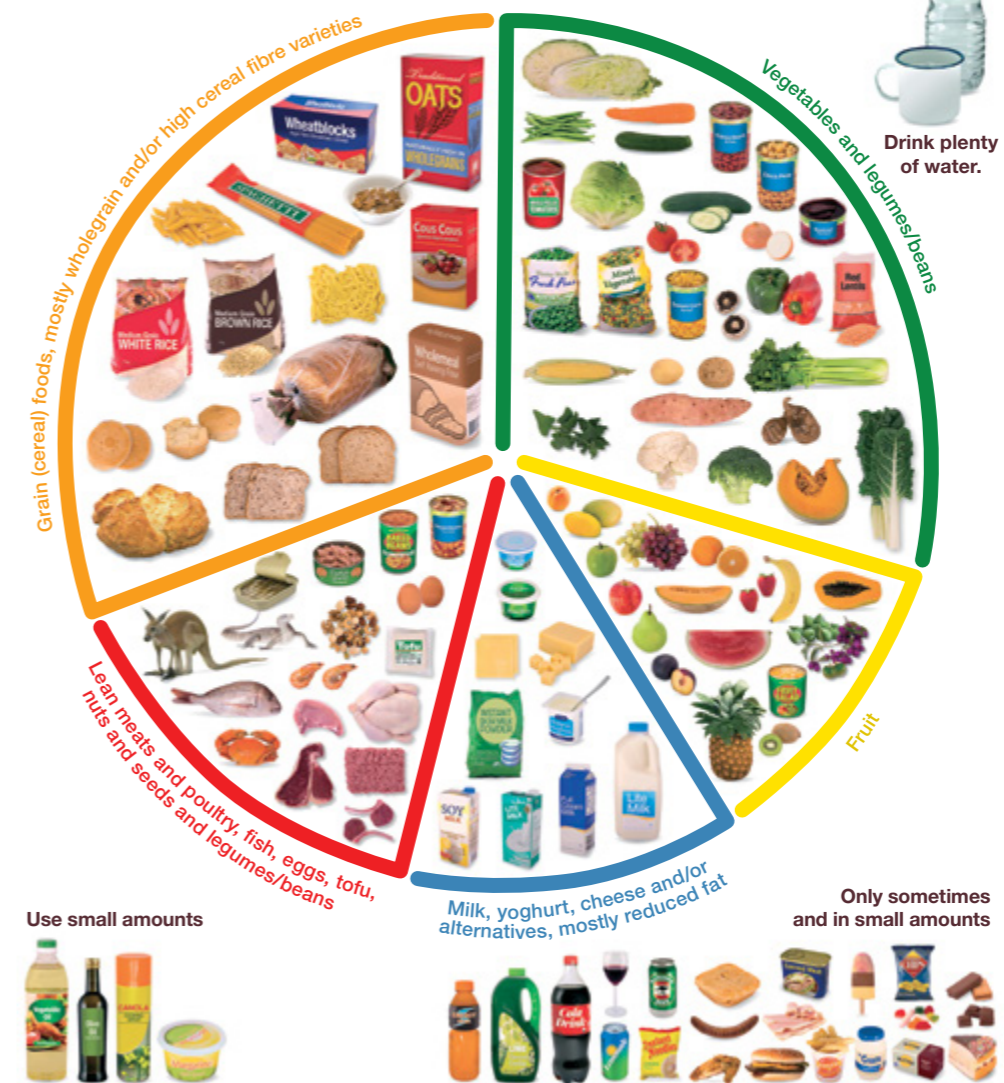
The majority of the food in the Guide to Healthy Eating is grown in nature! These plant foods are vegetables, legumes, fruits, grains, nuts and seeds. Plant foods contain lots of nutrients such as carbohydrates, vitamins, minerals and fibre that help kids to live a healthy, deadly life!

Children only need small amounts of meats and/or dairy products and healthy fats and oils each day. These foods contain protein and bone strengthening minerals like calcium and magnesium, plus lots of other vitamins and minerals that are essential for health and wellbeing.



Aboriginal and Torres Strait Islander Guide to Healthy Eating

Eat different types of foods from the five food groups every day.



Source: National Health and Medical Research Council

UNHEALTHY FOOD AND DRINKS

There are some foods and drinks that don't provide much goodness for growing up healthy and deadly. These foods and drinks are called *sometimes foods*, *special occasion foods*, *junk food* and *sugary drinks*. Over time, unhealthy food and drinks can affect children's health and wellbeing. Especially if consumed daily.

Unhealthy food and drinks are made with either lots of sugar, salt and/or fat as well as other ingredients like preservatives and additives that can be harmful to children's health. Though they can be yummy, these foods and drinks don't stack up when compared to healthy, deadly tucker (the five food groups).

Discretionary food and drinks include:

- Confectionery such as chocolate, lollies, jelly, marshmallow
- Desserts, cakes, muffins, cookies, sweet biscuits, slices that are made with lots of sugar, butter, and confectionery ingredients
- Savoury biscuits, crisps, chips
- Pastries such as pies, pastries, sausage rolls, dim sims
- Processed meats such as bacon, hot dogs, sausage, salami, strasburg, devon, commercially made burgers, chicken nuggets and fish fingers
- Deep fried foods such as hot chips, battered fish, fried chicken
- Iced confectioneries such as ice cream, icy poles, slushies
- Sugary drinks such as soft drink, cordial, juice, sports drinks, sports waters, flavoured waters
- Caffeinated drinks such as energy drinks, iced teas, black tea and coffee drinks



BEWARE!

UNHEALTHY FOOD MARKETING

Children are exposed to unhealthy food marketing all day. Unhealthy food and sugary drinks are marketed everywhere - on TV, radio, in our communities, in supermarkets, billboards, on food labels, in online spaces and social media, and in sport.

The food and drink companies who sell these products spend lots of money on advertising to convince people to choose their unhealthy products. Supermarket layouts are designed to attract young children to the sweets and sugary drinks which are at eye level and encourage impulse purchases of confectionery at the checkout. Often without even realising, we are being influenced by our food environments and the sneaky marketing tactics used by companies that seek to profit off the sales of unhealthy food and sugary drinks.

Unhealthy food marketing is big business, and they're making profits while they're unhealthy foods are making us sick.

Keep Community well and happy by sticking to healthy, deadly tucker from the five food groups, plus water.

Check out this animation to see how our food environments have changed since colonisation.



HEALTHY DEADLY BUSH TUCKER

Aboriginal people have been connected to the land, sea, waterways, animals and plants for food, health, healing and living for thousands of years. Traditional diets varied depending on the seasons and the land. Bush tucker foods were, and still are, an important part of the diet.

Bush tucker 'fruits and vegetables' are full of fibre and important vitamins and minerals. Caring for Country and learning how to harvest and prepare healthy bush tucker foods can help children to grow up healthy and deadly.

Some bush tucker might be growing on Country and other varieties can be harder to find, although they are becoming more accessible through supermarkets and small food companies.

Here are some examples of bush tucker growing in Victoria.

DISCLAIMER

There are many language groups in Victoria, each with their own language and kinship systems. We acknowledge that the use of Aboriginal language below does not cover every language group within Victoria. This information has been sourced from Monash University¹

VEGETABLES

- Yam daisy (Murnong - Wurundjeri | Munja - Mallee area | Pun'yin - Tjapwurong)
- Bulrush (Gumbung - Wemba Wemba | Bourt-deet - Wurundjeri)
- Bush tomato (Katjera)
- Water ribbon tubers (Polango - Wathaurung | Ngareli - Wemba Wemba)
- Chocolate lily tubers
- Leek lily
- Blue stars (Mudurt - Wurundjeri)
- Warrigal greens (Warrigals greens need to be blanched or cooked in hot water before eating due to their high concentration of oxalic acid)

Tubers are a vegetable that grow underground on the root of a plant. They can be picked, washed and eaten raw or cooked. Cooking methods might include steaming tubers in an earth oven or roasting them in campfires or kitchen ovens. Some native plants, like the leek lily, can be eaten raw as salad.

FRUIT

- Apple berries (Garawang - Wurundjeri)
- Quandongs also known as native peach
- Native passionfruit
- Prickly currant bush (Morr - Wurundjeri)
- Native raspberries (Eepaeep - Wurundjeri)
- Geebung (Bolwin - Gunai)
- Emu apples (Munter, Monterey, Ngurp - Bunganditj)
- Pig face (Katwort - Gippsland | Keeng-a - Bunganditj)
- White elderberry (Burne-Burne- (Lake Condah)
- Native cherry (Ballee - Wurundjeri)



These fruits can be picked, washed and eaten as a snack or included in meals (like adding native passionfruit or emu apples to muesli for breakfast).

¹ Monash University, 2010, Aboriginal plants in the grounds of Monash University - a guide https://www.monash.edu/_data/assets/pdf_file/0004/542119/Guide-to-the-Aboriginal-Garden-Clayton-Campus.pdf

GRAIN, NUTS AND SEEDS

Grains, nuts and seeds are important sources of carbohydrate, protein, healthy fats, and important vitamins and minerals. Children benefit from this bush tucker as it gives them energy and helps them to grow strong.

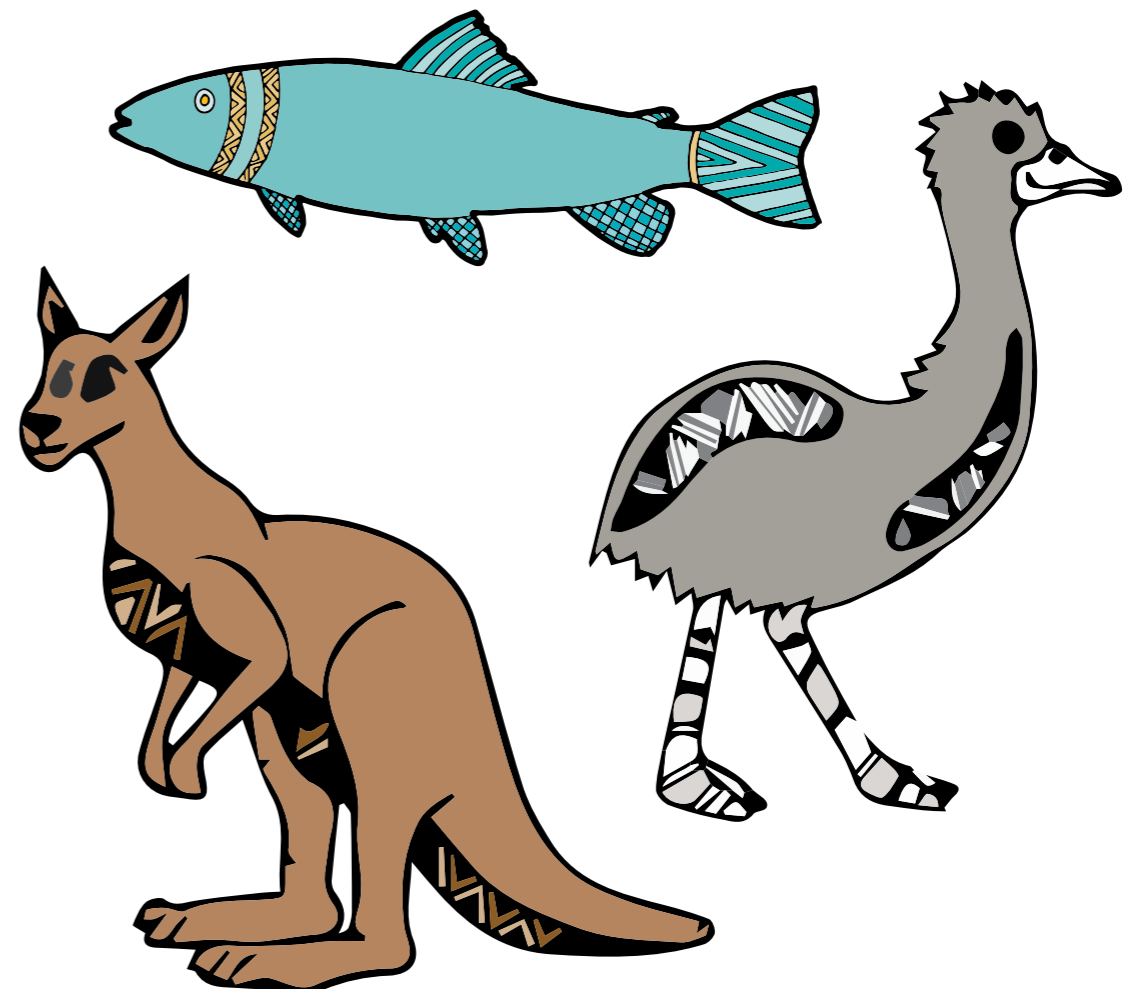
- Golden wattle (Karrank - Gunditjmarra)
- River oak (Billar - Wiradjuri)
- Kangaroo grass (Wuulot - Gunditjmarra)
- Bind-weed (Taaruuk - Gunditjmarra & Tjapwurong) | Yowanduk - Lake Hindmarsh)

The seeds of the golden wattle and river oak can be roasted or ground to a paste. These can be eaten on their own as a snack or added to salads and toast. The seeds of kangaroo grass can be ground into a flour to be used in baking, like for making damper. Some plants, that have starchy roots like bind-weed, can be cooked and kneaded into a dough.

TRADITIONAL MEATS

Traditional meat includes land animals such as kangaroo, wallaby and emu, and sea animals like eel and fish.

Traditional meats are an excellent source of protein and other important minerals. Wallaby and kangaroo are lean meats, meaning they have less saturated (unhealthy) fat. Sea animals, like eel and fish, provide healthy fats too.



PORTION SIZES

'Portion size' is the amount of food that children actually eat.

Some children's portion sizes are smaller than the 'serve size' and some are larger. For example, sometimes a child might like to eat one egg (½ serve) and other times they might eat two eggs (1 serve).

Children rarely eat the same way each day and it is okay to have a little more food on some days than others. However, aiming for the total amount of portion sizes (the food eaten) to end up being similar to the recommended serves per day will help children to grow strong and be happy and healthy.

SERVE SIZES AND 'SERVES PER DAY'

'Serve size' is a set amount that doesn't change. The pictures under each food group show examples of what 1 serve looks like when meal planning. For example, ½ cup of chopped carrot = 1 serve of vegetables. It is used along with the 'serves per day' to work out the total amount of food needed from each of the five food groups.

	Serves per day				
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Vegetables and legumes/beans					
Boys	2 1/2	4 1/2	5	5 1/2	5 1/2
Girls	2 1/2	4 1/2	5	5	5

	Serves per day				
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Fruit					
Boys	1	1 1/2	2	2	2
Girls	1	1 1/2	2	2	2

	Serves per day				
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties					
Boys	4	4	5	6	7
Girls	4	4	4	5	7

	Serves per day				
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans					
Boys	1	1 1/2	2 1/2	2 1/2	2 1/2
Girls	1	1 1/2	2 1/2	2 1/2	2 1/2

	Serves per day				
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Milk, yoghurt, cheese and/or alternatives, mostly reduced fat					
Boys	1 1/2	2	2 1/2	3 1/2	3 1/2
Girls	1 1/2	1 1/2	3	3 1/2	3 1/2

Source: National Health and Medical Research Council

EATING A HEALTHY DIET WITH A VARIETY OF FOODS IS IMPORTANT FOR A STRONG BODY AND MIND. BUT WHAT DOES A HEALTHY MEAL LOOK LIKE?

Building a healthy balanced meal is as easy as 1, 2, 3:

1. VEGETABLES: Fill ½ of the plate.

- Choose a variety of vegetables each day – aim for lots of different colours of cooked vegetables and salad vegetables.
- Starchy vegetables like potato and sweet potato should only occasionally make up 1/4 of the plate.

2. PROTEIN: Fill ¼ of the plate.

- Choose a variety of different protein foods – not just meats.
- Protein foods include lean meat (e.g. kangaroo), poultry, fish, tofu, eggs, legumes, beans or dairy foods (e.g. plain or Greek yoghurt).

3. CARBOHYDRATES AND WHOLEGRAINS: Fill ¼ of the plate.

Choose wholegrain foods such as brown rice, wholegrain pasta, wholegrain bread, barley, buckwheat, couscous, crispbread, oats, quinoa, noodles, polenta, semolina.



YOU CAN APPLY THIS TO ANY MEAL EVEN IF IT DOESN'T FIT NEATLY ON A PLATE - LIKE A SANDWICH OR PASTA!

A DAY OF HEALTHY EATING

This one-day meal plan is *vegetarian*. It doesn't include any meat. It provides all the food that a child needs for one day from each of the five food groups.

BREAKFAST: Oat porridge with yoghurt and fruit

LUNCH: Egg and lettuce roll

DINNER: Bean wraps

SNACKS: Banana, celery sticks, corn cob, rice cake with peanut butter or hommus

DRINKS: Water



This one-day meal plan *does include meat* (not suitable for vegetarian or vegan children). It provides all the food that a child needs for one day from each of the five food groups.

BREAKFAST: Eggs and baked beans on toast

LUNCH: Tuna and salad roll

DINNER: Wallaby lasagne with side salad

SNACKS: Banana, yoghurt and fruit, carrot sticks, rice crackers with cheese and tomato

DRINKS: Water



HEALTHY PLATE RECIPES

TUNA AND SALAD SANDWICH

Serves: 1 school age child or reduce to ½ can tuna for preschool children

Ingredients:

- 2 slices of wholemeal bread
- 1 small can tuna in spring water
- ½ tomato, sliced
- 1-2 leaves iceberg lettuce
- ¼ avocado, sliced
- 1 slice tasty cheese

Method:

1. Drain the liquid from the tuna can and slice the tomato, avocado and cheese.
2. Tip: blocks of cheese can be cheaper than buying pre-sliced cheeses.
3. Top one slice of bread with cheese, tomato, tuna, avocado and lettuce. Add the second slice of bread on top and cut the sandwich in half or quarters.



EGGS AND BAKED BEANS ON TOAST

Serves: 1 older child or 2 younger children

Ingredients:

- 2 eggs
- 1 cup of canned baked beans
- 2 slices of wholemeal bread

Method:

1. To boil eggs, fill a small saucepan halfway with water. Place over medium heat and bring to a boil.
2. Using a large spoon, gently add the eggs one at a time to the boiling water. Ensure eggs are covered by an inch or 3cm of water.
3. Cook eggs according to how you like the yolk - For runny yolks, cook for 4 minutes, for hard yolks, cook for 8 minutes.
4. Remove eggs with large spoon once cooked and set side. Discard water.
5. Add the baked beans to saucepan. Cook over a medium heat, stirring, until sauce begins to boil.
6. Toast bread.
7. Prepare the eggs for serving. To serve in shell, crack the eggshell with a butter knife to open the top of egg. To remove all the shell, tap eggs against a hard surface and peel away all the shell. If too warm to touch, run under cold water for 1 minute.
8. Serve toast with baked beans and eggs.



EGG AND LETTUCE ROLL

Serves: 1 school age child or reduce to 1 egg for preschool children

Ingredients:

- 1 wholegrain bread roll
- 2 eggs
- 2 teaspoons reduced fat mayonnaise
- 1-2 iceberg lettuce leaves

Method:

1. To boil eggs, fill a small saucepan halfway with water. Place over medium heat and bring to a boil.
2. Using a large spoon, gently add the eggs one at a time to the boiling water. Ensure eggs are covered by an inch or 3cm of water.
3. Cook eggs for 8 minutes.
4. Remove eggs with large spoon once cooked and set side. Discard water.
5. Cover the eggs with cold water and allow them to cool.
6. Once cooled, tap the eggs against a hard surface and peel away the shell.
7. Add the eggs and mayonnaise to a small bowl. Using the back of a fork, mash until well combined.
8. Place egg mixture on the top half of the bread roll and lettuce on bottom half. Close to serve.



BEAN WRAP

Serves: a family of four (such as 2 adults and 2 children)

Ingredients:

- 1 x 400g can salt-reduced black beans, drained and rinsed
- 1 onion, diced
- 1-2 capsicums, diced
- 1 packet Mexican spice mix
- 1 pack wholemeal tortillas or wraps
- 1 avocado, diced
- 1 cup cheese, grated
- 2 tomatoes, diced
- 1 small jar salsa, to serve (optional)
- 1 tablespoon olive oil
- ¼ cup water

Method:

1. Prepare the vegetables; dice the onion, capsicum, avocado and tomato.
2. Drain and rinse canned black beans.
3. Grate cheese.
4. Heat olive oil in a large saucepan, over medium-high heat.
5. Add the onion and cook until soft, about 5-7 minutes.
6. Add the capsicum, black beans and spice mix, stirring until combined.
7. Add water, stir and simmer until the water has evaporated.
8. Warm tortillas or wraps in microwave for 30 seconds or wrap tortillas in foil and place in a moderate oven (180°C) for 15 minutes.
9. To assemble, layer bean mix, avocado, tomato and grated cheese on warm tortilla and drizzle salsa on top (optional).



OAT PORRIDGE WITH YOGHURT AND FRUIT

Serves: 1 older child or 2 younger children

Ingredients:

- ¼ cup rolled oats
- ½ cup milk
- ¾ cup (200g) plain yoghurt
- 1 cup seasonal fruit

Method:

1. Combine the rolled oats and milk in a small saucepan over medium heat.
2. Stir and cook for 3-5 minutes or until the oats are soft and creamy.
3. Pour porridge into a bowl and top with yoghurt and fruit.

Optional: add ground spices for extra flavour such as cinnamon, nutmeg, ginger, cardamon and nut and seeds for crunch and a nutrition booster.



WALLABY LASAGNE WITH SIDE SALAD

Serves: a family of six (such as 2 adults and 4 children)

Ingredients:

Wallaby lasagne

- 500g wallaby or kangaroo mince (raw)
- 1 packet (375g) wholemeal pasta sheets
- 1 brown onion, diced
- 2 garlic cloves, finely chopped
- 500g ricotta cheese
- 1 bunch spinach, washed
- ½ pumpkin (about 1.3kg), cut into thick slices and seeds removed
- 1 bottle (800ml) tomato passata or 2 x 400g cans chopped tomatoes
- 3 tablespoons olive oil
- Optional: grated cheese for top of lasagne

Side Salad

- 1 iceberg lettuce, roughly chopped
- 3 tomatoes, diced
- 3 carrots, grated
- 3 corn cobs, husks removed

Method:

1. Preheat oven to 180°C.
2. Cut the pumpkin into 2cm thick slices, discarding the seeds (you can leave the skin on).
3. Place pumpkin on a baking tray and spray with olive oil. Place pumpkin in the oven and roast until cooked through, about 25-35 minutes.
4. In a large bowl, mix the ricotta and spinach.
5. Dice the onion and garlic.
6. Heat 1 tablespoon olive oil in a large saucepan, over medium heat. Add onion and garlic. Cook for 5-7 minutes, stirring occasionally until soft.
7. Add wallaby mince. Stir it in with the onion, breaking up the meat as you go, for about 5 minutes or until the meat begins to brown.
8. Add the passata, mix and simmer for another 10-15 minutes.
9. To assemble the lasagne, add half of the wallaby mixture to a large baking dish. Spread the mixture to cover the base of the dish.
10. Add a layer of lasagne sheets, followed by layers of pumpkin, ricotta and spinach mixture, a second layer of lasagne sheets, and a second layer the wallaby mixture.
11. Optional: you might like to finish with a layer of grated cheese.
12. Place the baking dish in the oven and cook for 40 minutes. Once cooked, set aside to cool for 10 minutes.
13. To make the salad, combine shredded lettuce, chopped tomatoes and grated carrots. Remove the husks from the corn (if they didn't come already peeled). Bring a large pot of water to a boil and cook the corn cobs for 5-7 minutes.
14. Cut the lasagne into eight portions and serve on plates with salad and corn.



PLANNING MEALS

Making sure children and the family gets enough of the right foods everyday can be achieved by planning meals. Here's some steps to take when meal planning that will also help to save money and time:

1. WHAT DO YOU ALREADY HAVE?

Check in your pantry, fridge and freezer. Look at the expiry dates of your foods and take note of the ones that you need to use up soon.

2. WRITE A MEAL PLAN

Are you new to meal planning? Start with planning a few days to get a feel for how it works. Slowly work your way up to one week (or longer) to reduce the amount of times you need to go to the shops.

Choose your meals. You might like to plan meals around:

- The foods you already have at home (especially those close to expiring)
- Healthy foods that are on sale (check online or in grocery store catalogues)
- Seasonal recipes (vegetables and fruits are cheaper when they're in season)
- Recipes that you know your whole family will enjoy!

3. MAKE A SHOPPING LIST

Your shopping list should include all the foods and drinks you need from your meal plan. It's important to check that it includes plenty of healthy foods from the five food groups. Shopping list apps can be a handy way to keep note of what you need to replace.

4. GO SHOPPING

Stick to your shopping list! This helps to avoid the temptation of unhealthy, discounted items on the aisle ends or the highly processed foods and drinks in middle aisles (like the chocolate, chip and soft drink aisles).



EXAMPLE MEAL PLAN - FAMILY OF FOUR

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY	Bircher muesli with rolled oats, milk, yoghurt and fruit	Chicken salad rolls	Basil pesto wholemeal pasta with roasted vegetables	• Fruit • Unsalted nuts • Vegetable sticks with hummus
TUESDAY	Bircher muesli with rolled oats, milk, yoghurt and fruit	Tuna salad	Vegetable and barley soup with a side of toast	• Fruit • Wholemeal crackers with avocado
WEDNESDAY	Scrambled eggs and wholemeal toast	Leftovers: Basil pesto wholemeal pasta	Fried rice	• Fruit • Unsalted nuts • Vegetable sticks with hummus
THURSDAY	Porridge with milk, banana and cinnamon	Leftovers: Fried rice with added chicken	Leftovers: Vegetable and barley soup with a side of toast	• Fruit • Unsalted nuts
FRIDAY	Baked beans and wholemeal toast	Egg and lettuce sandwiches	Tofu and vegetable stir fry with brown rice	• Fruit • Vegetable sticks
SATURDAY	Porridge with milk, banana and cinnamon	Tuna salad	Beef lasagna	• Fruit • Wholemeal crackers with butter and Vegemite
SUNDAY	Boiled eggs, cooked mushrooms and tomatoes with wholemeal toast	Leftovers: beef lasagna	Baked fish with lemon, rosemary and steamed green vegetables	• Fruit • Wholemeal crackers with avocado

SHOPPING LIST

Vegetables, legumes and beans	4 flat mushrooms, 7 tomatoes, 3 cucumbers, 1 broccoli, 2 bags of carrots, 1 bunch celery, 1 iceberg lettuce, 2 bunches silverbeet, 1 bunch bok choy, 3 capsicums, 10 potatoes, 1 pumpkin, 1 red onion, 1 bag brown onions, 2 bulbs garlic, 1 fresh ginger, 2 lemons, 2 bunches basil, 1 bunch parsley, rosemary, 2 cans chickpeas, 2 cans red kidney beans, 2 cans diced tomatoes, 2 cans baked beans, 2 bags frozen vegetables, hummus dip
Fruits	4 avocados, 10 bananas, 10 apples, 10 pears, 10 oranges, 10 kiwi, 1 bag/box frozen berries
Dairy foods & alternatives	4L milk, 1kg tub natural yoghurt, parmesan cheese, 1 block feta cheese
Grain and cereal foods	2 loaves wholemeal bread, 4 bread rolls, 1 large packet rolled oats, 1 large packet brown rice, 1 large packet wholemeal pasta, 1 packet lasagna sheets, 1 packet wholemeal crackers, wholemeal flour
Lean meat, poultry, fish, eggs, tofu, nuts and seeds	1kg lean beef mince, 4 fish fillets, 4 chicken breasts, 2 x 425g cans tuna, 4 rashers bacon, 1 large packet unsalted mixed nuts, 1 small packet walnuts, 1 block tofu, 2 dozen eggs
Other items such as tea, oil, sauces and spices	Teabags, extra virgin olive oil, salt, pepper, salt-reduced vegetable stock, sesame oil, salt reduced soy sauce, ground cinnamon, low fat mayonnaise, tomato pasta sauce, butter, Vegemite

WEEKLY MEAL PLANNER

WEEK BEGINNING:

BREAKFAST

LUNCH

DINNER

SNACKS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

SHOPPING LIST

Vegetables, legumes and beans	
Fruits	
Dairy foods & alternatives	
Grain and cereal foods	
Lean meat, poultry, fish, eggs, tofu, nuts and seeds	
Other items such as tea, oil, sauces and spices	

COOK TOGETHER

Cooking is a life skill. It's also fun, creative, technical, adventurous, and essential.

There are so many amazing things to learn from cooking:

- Food hygiene and food safety
- Patience, self-control, setting goals and achieving them
- Maths - Counting, dividing, measuring, adding and subtracting
- Culture - learning about traditional ingredients and recipes and where they originated from
- Reading - learning new words from recipes and how to follow instructions
- Science - like what happens when heat or cold is applied
- Learning about kitchen equipment and utensils
- Trying new foods, flavours and textures

Cooking activities for children 3-5 years old

- Washing fruits and vegetables
- Pulling apart fruits and vegetables, like pulling greens off strawberries, tearing lettuce leaves apart, peeling bananas or shelling/podding broad beans
- Mixing ingredients with a spoon or hands, like mixing ingredients for a burger patty
- Whisking, sifting or mashing ingredients together
- Sprinkling ingredients, like sprinkling grated cheese on top of lasagne
- Weighing ingredients (spooning or adding ingredients on to the scales)
- Measuring with spoons and cups
- Rolling and using shapes to cut dough
- Spreading ingredients, like spreading tomato paste onto pizza bases



Cooking activities for children 6-8-years old

- Cutting soft fruits and vegetables using a child-safe knife or spoon, like banana, kiwi fruit, lilly pillies, mushrooms or getting pips out of stone fruits
- Cutting with scissors
- Grating ingredients like carrots, apples or cheese
- Rubbing ingredients, like rubbing spices into raw meats before cooking them
- Breaking broccoli and cauliflower florets off
- Greasing and lining baking trays

Cooking activities for children 8-12 years old

- Planning family meals
- Writing shopping lists
- Setting and clearing the table and helping wash the dishes
- Using a peeler, like for peeling potatoes or carrots
- Using a can opener, like for opening tinned peaches
- Safely using a sharp knife for preparing ingredients
- Following a simple recipe

CAUTION: Kitchens can be a dangerous place for children. Always supervise children around hot surfaces, hot liquids, electrical appliances and sharp objects.

EAT TOGETHER

Here are some tips for creating a happy mealtime and eating together as a family:

- Plan at least one meal a day that the whole family can eat together. If weekdays are not possible, plan at least one mealtime on the weekend when the whole family can be together
- Set the table, this will encourage the family to eat together
- Turn off all screens at mealtime
- Play calming music that everyone enjoys

TIPS FOR GROWING UP HEALTHY AND DEADLY

- Bush tucker is healthy and deadly tucker
- Cooking can be a great way to teach children about food and culture
- Stock up on healthy foods when they are on special
- Buy fruits and vegetables that are in season (and cheaper)
- Eating lots of colourful fruits and vegetables means a good variety of nutrients
- Limit 'unhealthy' foods, like chocolate, chips, and lollies
- take away foods, which can also be an added weekly cost
- Limit sugary drinks, tap water is healthy healthier and free

CHANGES IN EATING HABITS

Children tend to go through stages of eating well and loving most foods, to suddenly being very selective about what's on their plate. This is often called 'fussy' or 'picky' eating.

Children aren't really being fussy though. Changes in eating habits often happen at the same time as social, emotional and physical growth and development, which happens a lot during childhood.

Note: if a child doesn't show interest in food or a lot of different types of foods, talk to a health professional to get some help. Sometimes, there can be deeper reasons as to why a child is not wanting to eat.

Here's some ways to help children through fussy eating:

- Provide structure and routine for children - Try to stick to the same breakfast, lunch and dinner times
- Encouragement and patience - Give praise and encouragement when children take small steps towards trying a new food. Smelling, licking, or eating a tiny bit of a new food are big steps
- Small stomachs = small frequent meals. Children won't eat as much as adults because they fill up much quicker. Serve child sized smaller meals. If children are hungry, they will come back for more.

Here's some ways to help families through children's fussy eating:

- Sometimes young children can be very distracted at mealtime. Try providing a quiet and calming activity before mealtime, like reading or drawing
- Mealtime preparation activities are a good way to signal food is coming and can increase children's appetite. Having a hand washing ritual before meals is also a good way to set up good food hygiene practices
 - Set snack and drink boundaries - eating snacks or drinking a big glass of milk or juice just before a mealtime reduces hunger and appetite at mealtime
 - Let children play with food. This can one day lead to them eating the food
 - Take the pressure off - do not force a child to eat or 'finish their plate'
 - After 30 minutes, if food isn't touched or eaten, move it away. Having a timeframe to go by can ease stress

SPECIAL DIETS

Everybody is different and food can affect children in different ways. Special dietary needs are common during childhood especially if a child has a food allergy, food intolerance and/or a medical condition such as diabetes. In these circumstances, it's important to eat according to a health professional's advice to be safe, healthy and happy

Food allergies

Food allergies are common, especially in early childhood. In Australia, the most common triggers are cow's milk, egg, fish, peanut, sesame, shellfish, soy, tree nuts and wheat.²

A food allergy is when the immune system reacts to food protein. The body fights the food because it thinks the food is dangerous to the person's body. An allergic reaction can happen even if a tiny amount of the triggering food is near the person or in the same room.

Early signs and symptoms can include itching skin, swelling lips, eyes or face, vomiting or wheezing.

An allergic reaction is very serious and can be life-threatening if not treated quickly. Immediate application of an adrenaline autoinjector (EpiPen) and calling an ambulance is the safest way to respond to an allergic reaction. If a child has a food allergy, it's best to have a plan in place so everyone knows what to do in the case of an emergency.

Children can be tested for food allergies by having a skin prick test or blood test. Chat to your GP about this.

Food intolerances

Food intolerance is a digestive system reaction to 'natural substances' in food or drinks. Natural substances can include naturally occurring sugars such as:

- Lactose which is in dairy products like milk, cheese and yoghurt
- Fructose which is in many fruits and vegetables

Food intolerances can vary in severity depending on a person's tolerance.

Some of the signs and symptoms include stomach pain, bloating, gas/flatulence, diarrhoea, irritable bowel syndrome (IBS), rashes, hives (urticaria), recurrent mouth ulcers or headaches.³

Unlike a food allergy, diagnosing food intolerances isn't as easy as having a blood test. It's important to speak with a healthcare professional if children are showing any signs or symptoms, or generally not feeling well after eating or drinking.



² Food Standards Australia and New Zealand, <https://www.foodstandards.gov.au/consumer/foodallergies/Pages/default.aspx>

³ Adapted from: Australasian society of clinical immunology and allergy, <https://www.allergy.org.au/patients/food-other-adverse-reactions/food-intolerance>

ACTIVITY - FILL IN THE HEALTHY PORTION PLATE

Age group: Older children

Aim: Children will learn about the five food groups and different portion sizes.

What you'll need:

- Plain paper
- Colouring-in pencils, crayons or marker pens
- Aboriginal and Torres Strait Islander Guide to Healthy Eating (see page 8)

Instructions

Give each of the children a plain piece of paper and some pencils, crayons or markers.

Pass around the Aboriginal and Torres Strait Islander Guide to Healthy Eating posters and talk to the children about the five food groups. You might like to ask questions like:

- Do you know what the five food groups are?
- What is your favourite food / favourite vegetable / favourite fruit etc.?
- Do you know why these types of foods are important for you?
- Why are the foods down the bottom called 'sometimes' foods?

Start a discussion about mealtimes. You might like to ask the children:

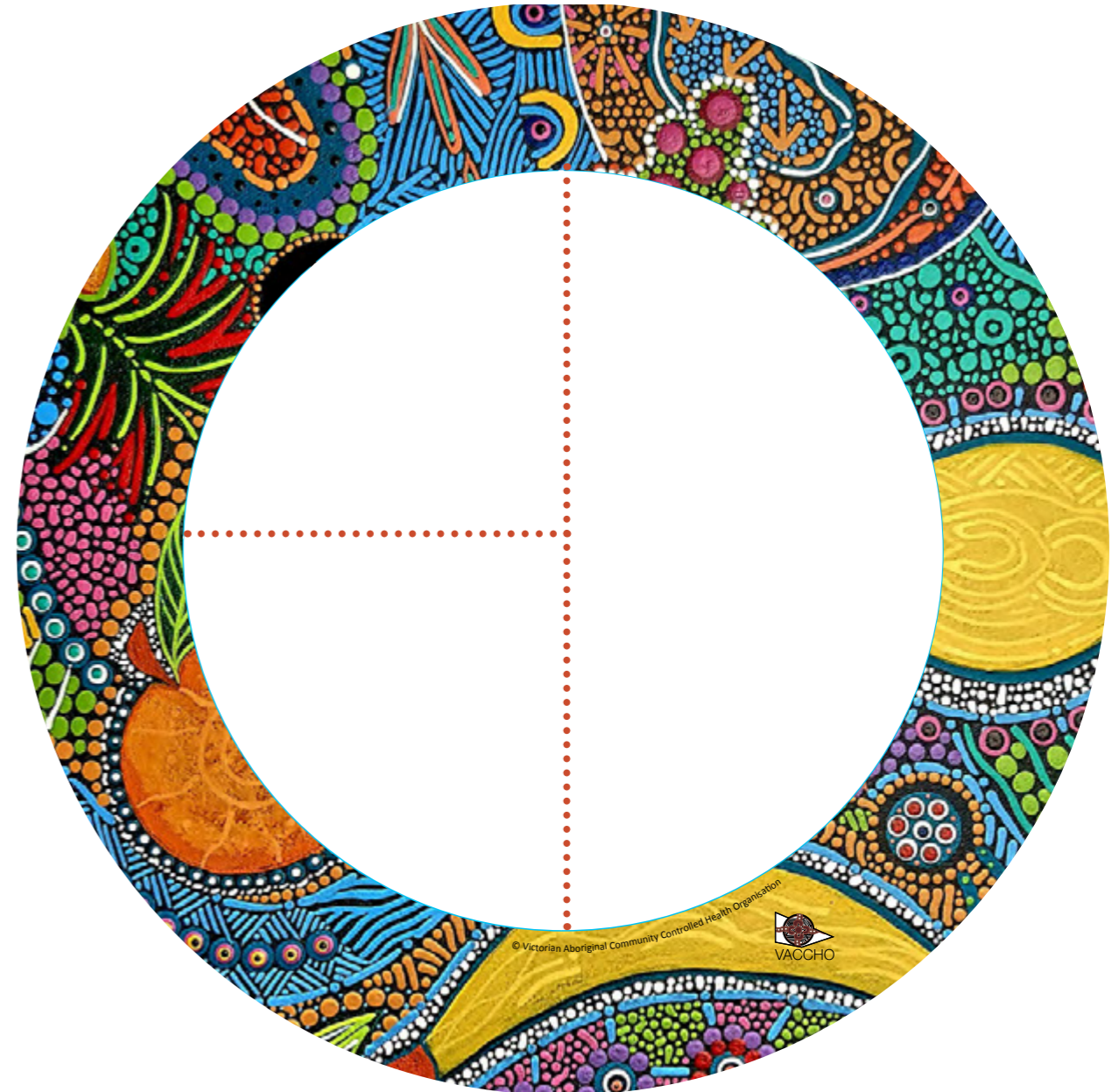
- What types of meals does your family like to cook/eat?
- How much food do children need to eat each day (serves per day)?
- What is a portion size? Do you know what a healthy portion size is?

Next, ask the children to draw an empty portion plate. There is an example on the next page that you could also photocopy and print if you'd like.

Ask the children to fill in their empty portion plate (over the page), by drawing the correct foods from the five food groups into each section. You might like to ask the children to share their healthy portion plate with others and talk about what foods they have drawn on the plate.

For information about the five food groups, serve sizes, portion sizes and healthy portion plates refer to the Healthy, deadly tucker section of this resource.

The Aboriginal and Torres Strait Islander Guide to Healthy Eating can be printed from this book or you can order posters from the National Health and Medical Research Council website <https://www.eatforhealth.gov.au>



ACTIVITY - DRAW YOUR SUPERHERO FOOD

Age group: All ages

Aim: Through creative expression, children educate their peers about their favourite food and why they love it. This activity can positively influence children to try new foods after seeing the food through a superhero lens.

What you'll need:

- Colouring pencils, crayons, paint
- Butchers paper or workbooks

Instructions

Provide each child with paper and pencils/crayons/paints.

Ask children to draw their favourite food as a superhero, including its superhero powers. This must be a food from the five food groups such as vegetables, legumes, fruits, grain foods, nuts, seeds, lean meats (animals, fish, seafood), tempeh, tofu, eggs, milk, yoghurt or cheese.

Have a discussion with the children about the foods they have chosen and why they are a 'superhero' food – refer to the 'Healthy, deadly tucker' section of this resource for information about the five food groups.



ACTIVITY - ANIMAL FRUIT & VEG STICKS

This activity was provided by Rumbalara Aboriginal Cooperative's Cradle 2 Kinder program and adapted to include vegetables.

Age group: Younger children

Aim: Children will get to know different types of fruits and vegetables with this fun and creative activity. Making healthy eating fun can be a great way to increase the types of healthy foods that children choose to eat.

What you'll need:

- Fruit and vegetables of your choice
- Tooth picks or ice cream sticks
- Imagination

- Appetite

Instructions

Before you start this activity, you'll need to buy some fruit and vegetables. Buying fruit and vegetables that are in season means you get a good price. Make sure that everyone washes their hands before the fun begins.

Lay out the toothpicks (or ice cream sticks) and fruit and vegetables. You might like to cut some of the fruit and veg to get different shapes and sizes.

Get the children to start making their creations!

You might like to make an example fruit or veg stick, or design more specific instructions, to help the children.



ACTIVITY - GROW YOUR OWN BUSH TUCKER SEEDLINGS

This activity was provided by Winda-Mara Aboriginal Corporation.

Age group: Older children

Aim: Growing and caring for seedlings can help children to learn about culture, nature and healthy foods, as well as teach them about responsibility and feeling confident in setting and achieving goals.

What you'll need:

- Seedlings, for example quandong seedlings
- Garden soil
- Garden container or recycled box
- Small garden shovels (or something to scoop the soil)
- Small watering can (or something to pour water, like a water bottle or measuring jug)

Instructions

Ask the children to:

- scoop soil into the garden container/s, filling it close to the top. You might like to count the scoops out loud with the children.
- wet the soil with a good amount of water before planting any seedlings.
- read the seedling labels with the children. There will be important information like:
 - How deep to plant the seedling
 - How much distance needs to be between each seedling
 - How often the seedlings need to be watered
- make some holes in the soil using a small garden shovel
- gently place the seedlings into the holes (provide help as needed)
- once they are all planted, re-water their seedlings.

The next step requires some patience! Following the instructions on the seedling label, the children will need to water and look after their seedlings.

WATCH THE SEEDLINGS GROW!



ACTIVITY - HEALTHY, DEADLY BUSH TUCKER COLOURING-IN SHEET

This activity was provided by Yarn Sista Strong.⁴

About the artist

This Aboriginal Colouring-in sheet is a gift from Taungurung Artist, Annette Sax. She hopes that children and adults enjoy the experience of colouring! Annette Sax holds © Copyright and does not give permission for her Aboriginal Art to be changed or adapted for any other purpose.



ACTIVITY - RAINBOW FOOD CHALLENGE

This activity was provided by Goolum Goolum's KOOKAS club.

Age group: All ages

Aim: To create a colourful rainbow on a plate using fruit, vegetables and herbs.

What you'll need:

- 4-6 varieties of fruits and vegetables
- Child safe knife
- Plate

Instructions

Provide children with a variety of ingredients fruits and vegetables and ask them to create a rainbow using the food provided.

Before tucking in to eat the rainbow, ask all the children to put their plate on a big, shared table so you can see everyone's creations.

Ask each child to explain how and why they came up with their design and what it means to them.

Once everyone has presented their rainbow, dig in!



ACTIVITY - FOOD SENSORY GAME

Age group: All ages

Aim: Children will explore new foods through the five senses – see, touch, smell, taste, hear.

Ask children to try each food but they don't have to eat them. Encourage children to be descriptive of each sensory step without using the words yucky, gross, disgusting.

This game is a mindful activity that helps children be focused on one food and its uniqueness. You can extend this activity by learning more about each of the foods and where they come from, how they are grown, what season do they grow in, how do children like to eat these foods as part of a meal etc.

What you'll need:

- 3 to 5 varieties of fruits and vegetables .e.g apple, orange, watermelon, mushroom, celery
- Plates
- Chopping board
- Sharp knife

Instructions

1. Cut fruit and vegetables into bite size pieces.
2. Put one of each food onto a plate for each child.
3. Once everyone has a plate start the sensory game.
4. To start the game, ask 1 one child to pick one of the foods on the plate.
5. Everyone looks at their plate and find that food, e.g, apple.
6. Explore the apple through all the senses, one at a time.

SEE

Look at the apple. What colour is it? What shape is it? What does the texture look like?

TOUCH

Pick up the piece of apple. What does it feel like?

SMELL

Bring the apple piece to the nose and smell the apple. What can you smell? Our noses are connected to our taste buds, can you almost smell the flavour?

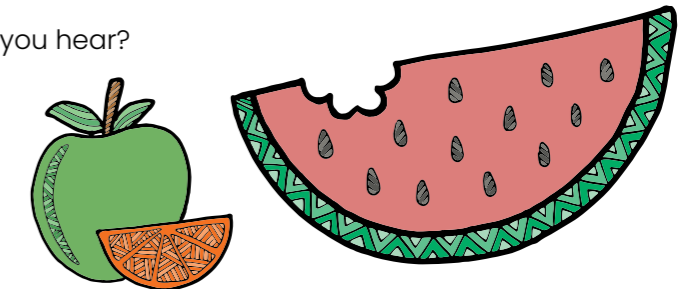
TASTE

Hold the apple at the lips for 2 seconds and then put apple inside the mouth and chew on it. What flavours can you taste? What's the texture like in the mouth compared to in the hand?

HEAR

When chewing the apple, what sounds can you hear?

Do this for each of the foods on the plate.



ACTIVITY - HEALTHY, DEADLY LUNCHBOX

Age group: Older children

Aim: Children will learn about the foods to include in a healthy, deadly lunchbox.

Children will learn how to make a healthy, deadly lunch box.

- Grain (cereal) foods, mostly wholegrain (e.g. bread, roll, wraps, rice, pasta, crackers)
- Vegies or salad (e.g. carrot sticks, small corn cob, lettuce and cucumber in a sandwich)
- Fruit (e.g. fresh, tinned fruit in natural juice, a small amount of dried fruit)
- Milk, yoghurt, cheese and plant based alternatives
- Lean meat/protein foods (e.g. tuna, boiled egg, bean mix, sliced chicken breast)

They will learn about healthy lunch boxes and:

- including a variety of foods from the five main food groups
- foods to leave out of the lunch box
- tap water is the best drink

What you'll need:

- Food pictures
- Blue tac
- Sticky notes
- Pens
- Empty lunch box photos OR empty lunch boxes (if available)
- Aboriginal and Torres Strait Islander Guide to Healthy Eating poster

Instructions

Divide the children into two groups and give each group an empty lunch box photo, sticky notes and pens.

Ask both groups to place their empty lunch box photo on a table, the floor or use blue tac to stick to a wall / whiteboard (where all the children in the group can clearly see it).

Arrange the food pictures on the other side of the room, ensuring that there is a safe, unobstructed area for children to walk from the lunch box photo to the food pictures.

Display the Aboriginal and Torres Strait Islander Guide to Healthy Eating.



Tell the groups that they will be choosing a food picture (one person from each team to collect a food picture at a time) and placing it in the lunch box to create a healthy lunch box. Tell the children to walk to collect a food piece as quickly (and safely!) as they can.

Tell the children that they can draw/write the food on a sticky note and stick the sticky note to the lunch box if the food they have in mind is not one of the food pictures provided.

Remind children that a healthy lunch box needs to have a food/drink from each of the five food groups and include a bottle of tap water. Tap water is best because it has no sugar and the fluoride in it helps to strengthen teeth.

When the groups feel that they have created a lunch box with healthy foods they can yell out, **'Healthy, deadly lunch box!'**

Once a group has yelled out, 'Healthy, deadly lunch box!', facilitate a group discussion:

- Does the lunch box have foods/drinks from all five food groups?
- How could these foods be prepared ahead of time and/or made in bulk (e.g. cutting up carrot sticks and keeping in a plastic container of cold water in the fridge – changing the water each day, grating carrot and cheese and keeping in the fridge, making a fruit salad, pouring bean mix into small containers, hard boiling eggs)?
- How could you keep the foods in the lunch box cool until lunch time? (e.g. freeze a bottle of water overnight and pop it in the lunch box in the morning; freeze the yoghurt and it will defrost by lunch time; pack an ice brick/pack in the lunch box. Ask the group for their ideas!)
- What are your healthy lunch box tips?

Examples of healthy lunch boxes:



DRINK WELL

OUR MOB IS SWEET ENOUGH

'Sugary drinks' are drinks that have too much sugar in them, like soft drinks, energy drinks, fruit drinks and sports drinks.

Drinking too much sugar can lead to:

- Unhealthy teeth (like tooth decay)
- Blood sugar level spikes
- Weight gain or obesity
- Chronic health conditions, such as diabetes, kidney disease or heart disease.

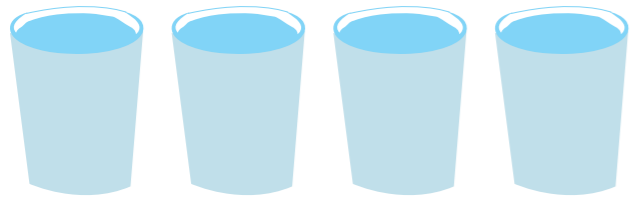
WATER IS THE BEST CHOICE!

Tap water is free and good for children's health and wellbeing. Every organ in our body needs water. It helps break down food, absorb and transport nutrients, and eliminate waste products. Tap water is free and is the best way to quench your thirst. It also contains fluoride to support strong teeth.

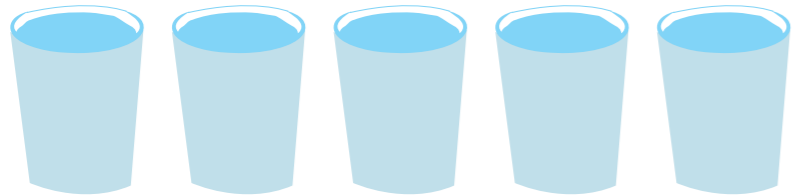
How much water do kids need every day?

The amount of water that children need to drink will change, depending on things like how hot it is or how much they've been running, playing and moving around.

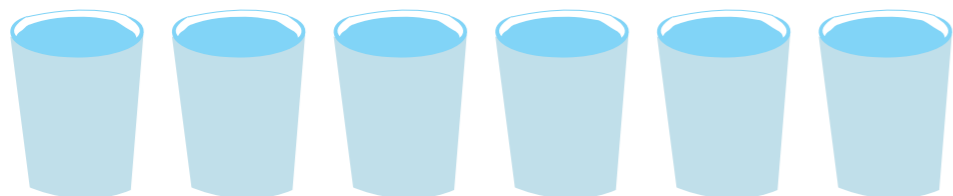
1-3 YEARS - ABOUT 4 CUPS



4-8 YEARS - ABOUT 5 CUPS



9-12 YEARS - ABOUT 6 CUPS



DRINK EVERY DAY:

- Tap water
- Plain milk

AVOID SUGARY DRINKS

- Soft drinks
- Sports drinks
- Energy drinks
- Tonic water
- Cordial
- Fruit juices
- Flavoured milks

ACTIVITY - SOFT DRINKS - WHAT GOES INTO MAKING THEM?

This activity was provided by Dental Health Services Victoria.

Age group: Older children

Aim: This is a fun activity to show children what goes into making a soft drink. It's a useful activity to engage families about the hidden dangers of children regularly drinking soft drinks and the impact it can have on teeth and bodies.

What you'll need:

- A bowl of sugar
- 375 ml of soda water
- Vinegar
- Chocolate or caramel topping
- Coffee
- A tall glass or jug

Instructions

Ask children / family members to guess how much sugar is in:

- A bottle of water?
- A can of soft drink (375 ml)?
- A bottle of soft drink (600 ml)?

To make a can of cola soft drink, pour 375 ml soda water into a large glass or jug.

Add 9.5 teaspoons of sugar. Get the parents or children to count out the teaspoons as you add them.

Then add a dash of vinegar (to represent acid), a dash of topping (to represent flavour and colour) and a spoon of coffee (to represent caffeine).

Make an equal pile of sugar (9.5 teaspoons) next to the glass or jug.

Discuss why soft drink is not a healthy drink choice:

- Ask "Why would water be a better choice?"
- Put healthy drink choices into a broader context. For example, you could discuss:
 - How tap water is safe to drink and should be the main drink a child has throughout the day
 - The increase in numbers of children who get diabetes as a result of the foods and drinks they consume
- Frequent drinking of soft drinks increases the risk of tooth decay in children's teeth





Rethink Sugary Drink
<https://www.rethinksugarydrink.org.au/downloads/sports-drinks-are-gammin.pdf>

RETHINK YOUR DRINK



Rethink Sugary Drink, supported by City of Darebin:
www.rethinksugarydrink.org.au/downloads/darebin-sugary-drinks.pdf

TIPS FOR EMPOWERING KIDS TO DRINK WATER

- Give children a fun water bottle to carry around during the day
- Have water on the dinner table at mealtimes
- Encourage children to drink water before they feel thirsty
- Encourage children to drink water before, during and after they play sports
- Parents and carers can set a good example of carrying their own reusable drink bottle and drinking water at home

HEALTHY LITTLE SMILES

Our teeth and gums are very important. They help children to talk, eat and smile. Drinking healthy drinks and eating good tucker are important for healthy little smiles, and helps prevent health problems as an adult.

Encourage children to drink plenty of tap water, every day. Tap water is good for us and has fluoride, which helps keep our teeth strong. Other every day drinks include plain milk and plain milk alternatives that have added calcium.

For healthy little smiles, it's important to limit sugary foods and drinks, especially between mealtimes. Children need a variety of healthy meals and snacks from the five food groups. Dairy products, like cheese and plain milk, can help to prevent tooth decay too.

TIPS FOR GOOD ORAL HEALTH:

- Even before teeth appear, you can wipe baby's gums using a damp, clean face washer (this helps to get babies ready for toothbrushing)
- When a baby's first teeth appear, gently brush using a small, soft toothbrush
- Brush with water until child is 18 months old
- From 18 months old, use children's low fluoride toothpaste
- Brush twice a day - in the morning and at night before bed
- By 2 two years of age, children should start regular dental check-ups along with other family members
- At six 6 years of age, children can now to use adult fluoride toothpaste with fluoride (a pea sized amount)
- Children may need help to brush teeth up to at least 8 years of age
- Families that brush twice a day as a routine have deadly smiles

HOW TO BRUSH TEETH:

1. Use a pea-sized amount of low fluoride children's toothpaste on a soft toothbrush
2. Brush the outside surfaces using gentle circles
3. Next, brush the inside surfaces using gentle circle
4. Use a light back and forth motion on the chewing surfaces, top and bottom
5. Ask your child to spit out the toothpaste and not rinse with water
6. Not rinsing the fluoride toothpaste away helps to protect teeth



DID YOU KNOW THAT ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE ARE ELIGIBLE FOR PUBLIC GENERAL DENTAL CARE IN VICTORIA?



Scan the QR code to find your nearest dental clinic.

Dental Health Services Victoria; <https://www.dhsv.org.au/>

ACTIVITY - BODY ART - FOOD THAT'S GOOD FOR OUR BODY AND TEETH

Age group: All ages

Aim: To learn about foods that are good for children and their teeth.

What you'll need:

- Large sheets of paper (enough for each of the children)
- Markers
- Blue-tac or sticky tape
- Scissors
- Magazines (if available)

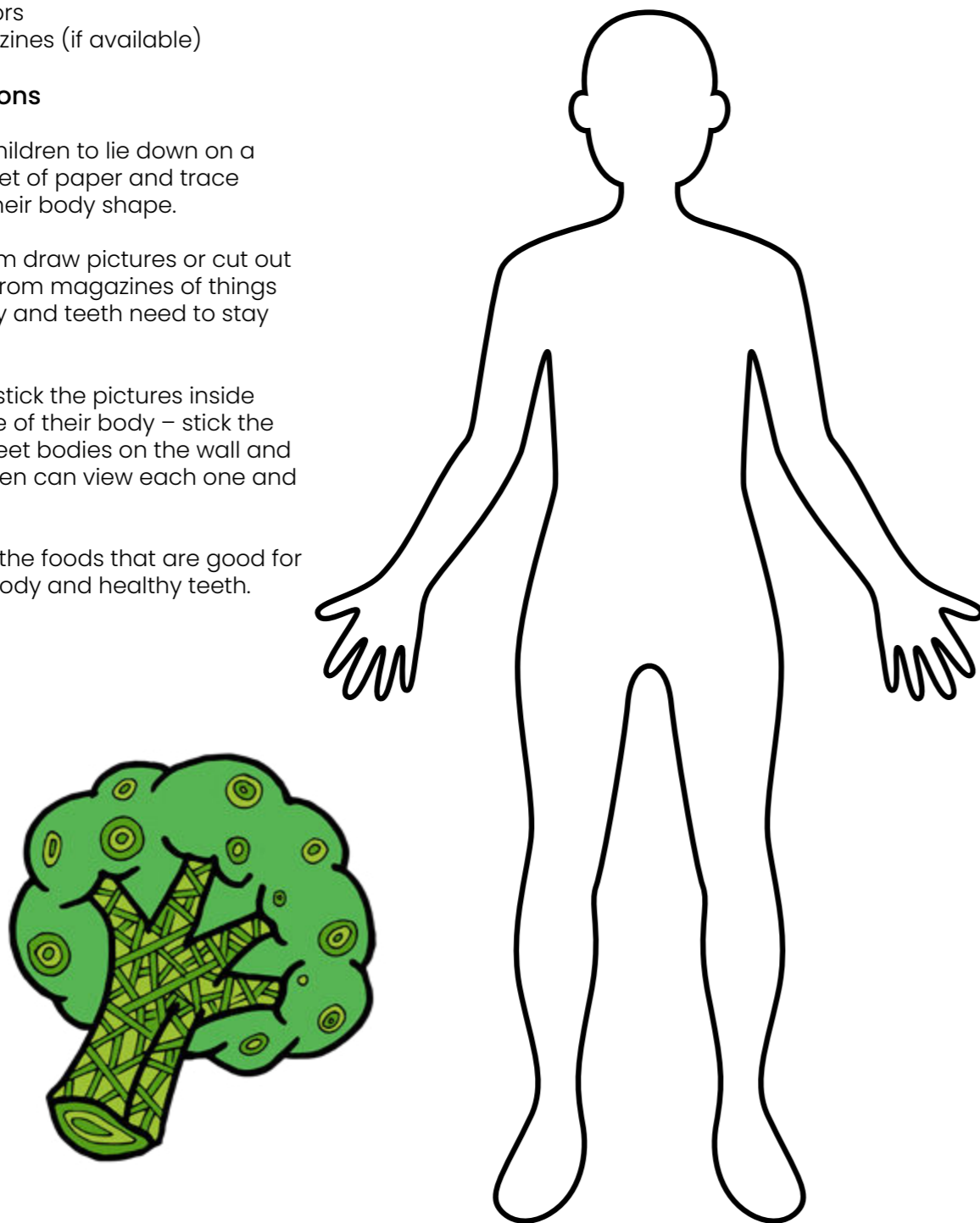
Instructions

Ask the children to lie down on a large sheet of paper and trace around their body shape.

Have them draw pictures or cut out pictures from magazines of things your body and teeth need to stay healthy.

Children stick the pictures inside the shape of their body – stick the paper sheet bodies on the wall and the children can view each one and discuss.

Highlight the foods that are good for healthy body and healthy teeth.



ACTIVITY - EAT A RAINBOW

This activity was provided by Dental Health Services Victoria.

Age group: All ages

Aim: Learn about the importance of eating a rainbow of colour every day.

What you'll need:

- Sheet of large plain paper or butchers paper
- Marker pens
- Magazines &/or food catalogues (optional)
- Scissors (optional)
- Glue (optional)

Instructions

Draw the outline of a rainbow on a sheet of paper.

Ask the children to think of, or find, pictures of foods of different colours of the rainbow.

Cut out or draw these foods and paste them on to the outline to make the rainbow colourful.

Options:

- This could be done as a large wall mural; each child could be asked to draw a large picture of a different coloured food to be placed on the mural
- You could also make a food colour book or set of cards

Discuss the foods that make up the rainbow and point out the healthy food that keep our bodies and teeth strong.



This photo was provided by Morobe Street Children's Centre.

ACTIVITY- COLOURING-IN SHEET: MY BRUSHING CHART

This activity was sourced from Dental Health Services Victoria. ⁵

How to use the 'My brushing chart'

Talk to children about why we need to brush our teeth morning and at night before bed (twice a day). Then, every time your child brushes their teeth they can tick, place a sticker or colour-in the space. You could get the whole family involved.

Heap on the praise as he or she moves up the chart. At the end, look at the chart with your child and count the number of times they cleaned their teeth. Congratulate your child for brushing and keeping their teeth happy and healthy.

ABOUT THE ARTIST

Shakara Montalto is a proud Gunditjmara mother of two beautiful boys. Shakara is passionate about continuing her mobs traditional line work, which is unique and detailed.

Shakara's artwork has won several award and competitions including "Highly Commended Indigenous Artist" at Melbourne Fringe Festival in 2014. Her artwork is also the main feature for the Victorian NAIDOC logo.

Shakara uses her art as a platform to spread positive community messages that she is passionate about, in her modernised interpretation of Aboriginal art.

ABOUT THE IMAGES

The interactive children toothbrush chart has 10 days featured along a curved pathway. Children are encouraged to brush their teeth both morning and night and this is represented in the form of a sun and moon.

I used bright, fun, kid friendly colours to grab the attention of young ones from the get go. There are several native Australian animals amongst the artwork including Bunjil the eagle, a koala, a goanna, a turtle and a kangaroo. There also features cartoon toothpaste and a deadly strong tooth character situated closer to the end of the chart.

The blue colours represent the rivers and waters and the bright blue skies on Wurundjeri country. The bright red, yellow, purple, green and pink pathways represent the journey that the children are taking to keep their teeth healthy, clean and strong everyday.

⁵ https://www.dhsv.org.au/data/assets/pdf_file/0009/94761/My-Brushing-Chart_BW_web.pdf



LET'S MOVE IT, YOU MOB

Physical activity is important for children. It's good for:

ALL ROUND HEALTH

- Growing strong bones, muscles, heart and lungs
- Maintaining healthy growth
- Coordination and balance
- Protects you against some diseases
- Improved sleep

SOCIAL AND EMOTIONAL WELLBEING

- Learning new things
- Having fun and playing with others
- Building relationships through social interaction and team-based games
- Boosting confidence, self-esteem and concentration

CULTURAL WELLBEING

- Connecting to Country and Community
- Learn about Traditional Aboriginal Games
- Learning about culture, like hunting, gardening and gathering bush foods
- Dance and ceremony

WHAT IS PHYSICAL ACTIVITY?

Children can be physically active in many ways, at any time of the day.

Physical activity is any type of activity that gets children moving, makes their breathing become quicker, and their hearts beating faster. As children grow, the way they play changes.

Young children (about 2 to 5 years) might like to:

- Throw balls, twirl with streamers or kick balloons around
- Blow bubbles and chase them through the air
- Play games like hide-and-seek or stuck-in-the-mud
- Dance to music and action songs, like head-shoulders-knees and toes
- Play dress ups or pretend to move like animals do
- Go for small walks on Country

Older children (about 5 to 12 years) might like to:

- Run, chase or play on equipment in the school playground
- Use bikes and scooters in the park or to get places
- Help out in the garden and learn about bush tucker
- Go fishing or walking on Country
- Play sports like football, netball, dancing, tennis or swimming



ROLE MODELLING ACTIVE PLAY

Children can learn how to be more active from adults. Get the whole family to join in the fun!

Tips for role modelling active play:

- Play together with simple things like buckets, clothes, boxes and containers
- Show children how to run, jump and make big movements
- Help children to play new games and learn new rules
- Help children pack up their toys
- Walk, bike ride or scooter to places together, instead of driving

SCREEN TIME

'Sedentary activities' are things that we do sitting or lying down (except for sleeping) and they don't require much energy. Some sedentary activities are good for children:

- Reading and looking at books
- Listening to stories
- Quiet play such as art and craft, drawing and puzzles

However, doing too much of other sedentary activities can mean that children aren't getting enough play in their day. These sedentary activities include:

- Sitting in a car seat, high chair or stroller for more than 1 hour at a time (when they are awake)
- Watching TV and movies
- Playing computer and electronic games

When children have too much screen time, they miss out on playing outside and connecting to Country. If children stay up at night watching a screen, they'll also miss out on important sleep.

Healthy screen time is all about balance - children need to do lots of different activities like playing, sports and reading and creating so making time for these will help children be healthy and happy most of the time.

SLEEP WELL, SLEEP DEEPLY

Getting enough sleep and a deep sleep is essential for children's health and wellbeing.

Sleep is important for children's

- Growth
- Immunity
- Happiness, positive thoughts and feelings
- Listening, learning and concentration during the day
- Curiosity and creativity
- Appetite for healthy, deadly food
- Energy levels to play and be active

SLEEP RECOMMENDATIONS

For children 2-5 years:

11-13 hours each night of uninterrupted sleep

For children 5-12 years:

9-11 hours each night of uninterrupted sleep

TIPS FOR GOOD SLEEPING HABITS:

- Aim for the same sleep and wake up time each day, even on weekends and holidays
- Have a regular bedtime routine, like bath or shower, brush teeth, storytime then bed.
- Older children need bedtime routine too, this might be a chat with family about their day each night before bed to clear their mind and feel closely connected to the people they love. Reading, drawing or journaling are also calm and relaxing activities children can do to unwind and prepare for sleep time.
- Turn off screens (TVs, phones, games) at least 1 hour before bed. Using screens before sleeping can affect quality of sleep

PHYSICAL ACTIVITY AND SCREEN TIME RECOMMENDATIONS

For children 2–5 years:

- Be physically active every day for at least three hours, spread across the day
 - Limit screen time to no more than 1 hour per day

For children 5–12 years:

- Be physically active every day for at least 1 hour, in many different ways
- For additional health benefits, children should do more activity, up to several hours per day
 - Limit screen time to no more than 2 hours per day

The Australian physical activity and sedentary behaviour guidelines recommend that older children do 'moderate' to 'vigorous' intensity activities throughout the day.

Moderate intensity activities get children moving, although they can still talk while doing them. For example, fast walking, riding a bike or active play with friends.

Vigorous intensity activities take more effort and get children breathing faster and harder. For example, running, playing tag or playing sports.

TIPS FOR GROWING UP HEALTHY AND DEADLY

- Children who get enough sleep will have more energy to play during the day
- Children are likely to copy what they see others doing, so it's important to role model active play and healthy screen use in front of them
- Turn off all screens (tv, phones and iPad's) at mealtimes – make this family time
- Screen time rules can help children to understand screen time limits and expectations, set these as a family and include things like when and where children can have screen time
- Use exercise to get places, when you can
- Involve the whole family and make play time fun for everyone

ACTIVITY - UNCLE/AUNTY SAYS

Age group: Younger children

Aim: To get children standing, moving and learning about culture. Physical and social skills, like jumping, balancing and listening, can also be developed by playing this game.

What you'll need:

You might like to invite a Community Elder along to run this activity.

Instructions

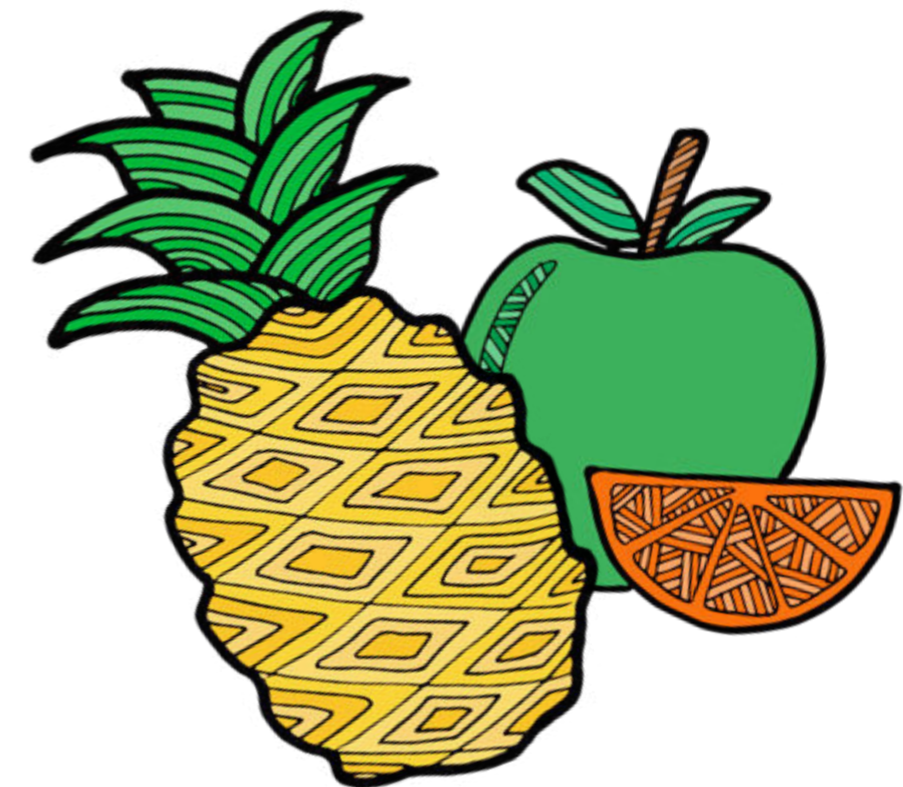
Ask the children to stand up. Tell them the rules:

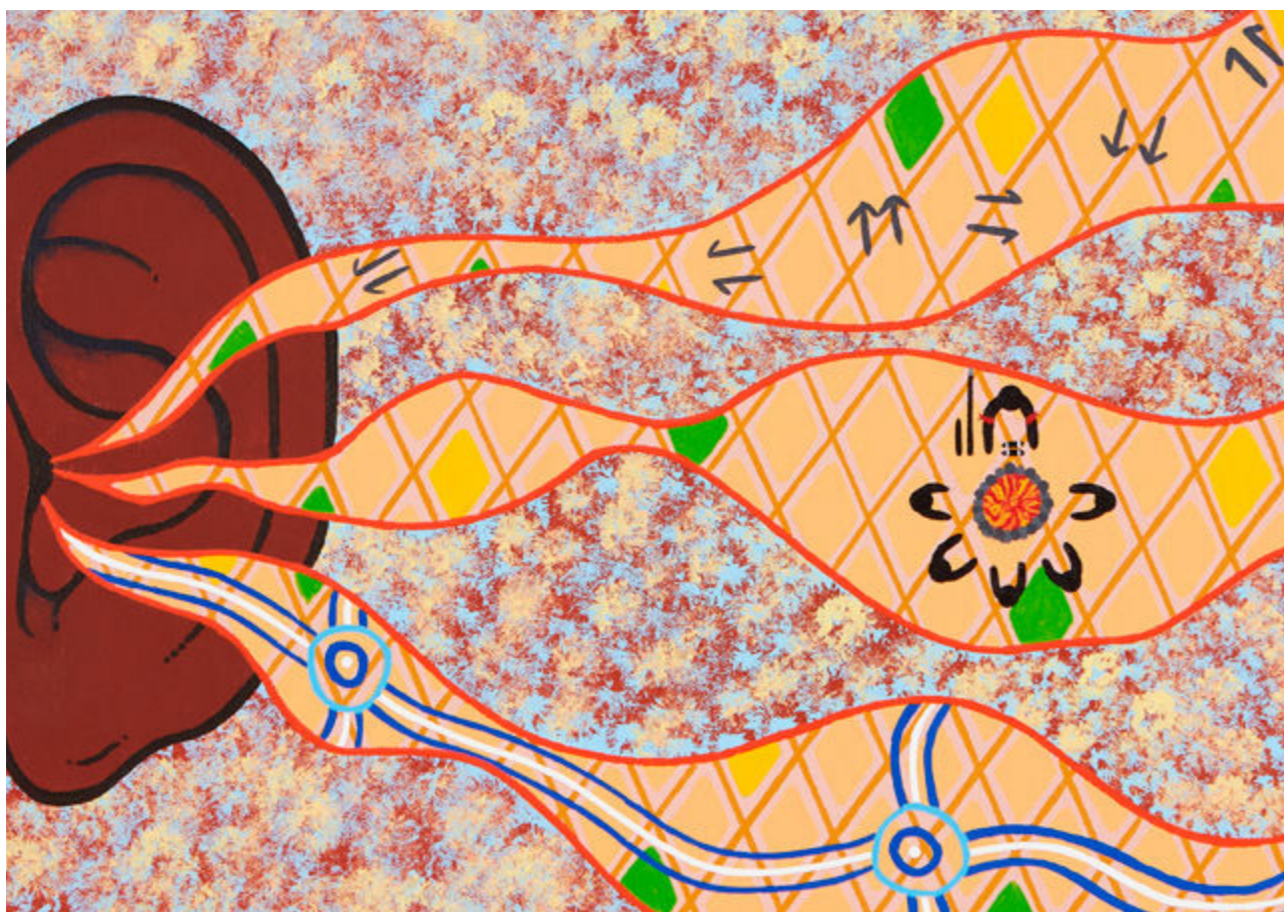
- When I say "Uncle" or "Aunty" says, followed by an action, repeat my action
- If I give you an action without first saying "Uncle/Aunty says" then you should stay still and not repeat my action
- If you complete the action when I haven't said "Uncle/Aunty says" then you're out for now.

Those who are out can sit back down.

Play the game until you have a winner!

You can use actions to teach the children about traditional practices and bush tucker, for example, "jump like a kangaroo" or "weave a basket". Don't forget to demonstrate the actions to the children as you play.





HEALTHY EARS & HEARING

Our ears help us hear the people and sounds we love in the world around us. Healthy ears and good hearing are also important for helping children learn to talk and communicate. Eating fruits and vegetables can keep ears healthy and protect our hearing!

Tips for keeping ears healthy and protecting your ear health:

- Wash children's hands and faces.
- Encourage children to blow their nose.
- Don't smoke around children.
- Don't put anything in children's ears.
- Check children's ears whenever they visit the health clinic, even if it's for another reason.
- Eat a healthy diet, especially one which includes minerals like folic acid, potassium and zinc decrease the risk of hearing loss. Antioxidant rich and nutrient dense fruits and berries may be protective against acute ear disease.
- Teach children to respect their hearing.
- Keep the volume at a safe listening levels, and reduce the amount of time spent listening to loud sounds and noises.
- Wear hearing protection when exposed to loud sounds such as at concerts and sporting events.
- Parents can model healthy hearing habits by turning the volume down if it gets too loud, walking away from loud sounds and protecting their hearing in noisy settings.

Pictured artwork: *Listening to Elders* 2021, Alfred Carter | Gunaikurnai

ACTIVITY - BLOWING GAMES

Blowing helps open the tube that connects from the middle of the ear to the back of the nose, this lets air flow to the ear and helps keep it healthy.

Aim: To learn the concept of blowing and help keep ears healthy.

STRAW PAINTING

Age group: 3-8 years

What you'll need:

- Straws (preferably paper or metal)
- Water colour paint
- Paper
- Water
- Paint brush



Instructions

- Wet the water paints. Use enough water so the paint can be easily dripped off a brush.
- Using the paint brush, choose a colour and drip the paint onto the paper. Add as many colours as you like.
- Blow through the straw to blow over the top of the paint allowing the paint colours to overlap.
- Allow to dry. Once dry you can encourage children to trace around the paint shapes and make monsters/creatures or use it as wrapping paper.
- Highlight that blowing through the straw is allowing air to flow to the ear and help with keeping the ear healthy.

BALLOON EARS

Age group: 3-8 years

What you'll need:

- Balloons
- Markers
- Sticky-tape
- Craft glue
- Scissors
- Craft supplies; coloured paper, feathers, match sticks etc



Instructions

- Ask the children to blow up a balloon, younger children may need assistance.
- Have them draw faces on the balloons, human, animal, imaginative. Then create ears for the face.
- Highlight that blowing the balloon is to allow air to flow to the ear and help with keeping the ear healthy.



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